

# blink

DAREBEE **HIT** WORKOUT © [darebee.com](https://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets | 60 seconds rest



**10sec** pacer steps

**2** hop heel clicks

**10sec** pacer steps

**2** hop heel clicks

**10sec** pacer steps

**2** hop heel clicks