

Catch Me ...if you can

DAREBEE
WORKOUT
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Level I 3 sets

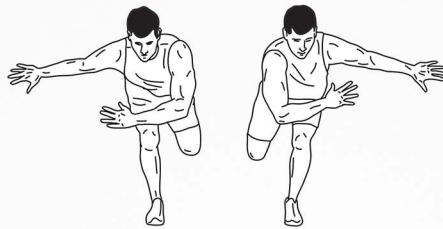
Level II 5 sets

Level III 7 sets

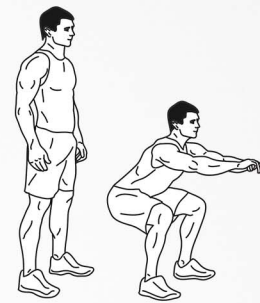
2 minutes rest



10 high knees



2 side-to-side jumps



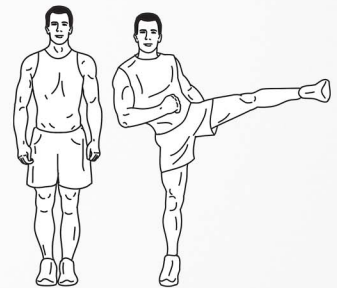
2 squats



10 high knees



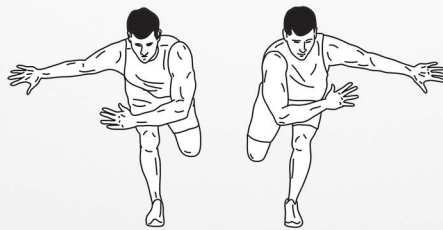
2 side-to-side jumps



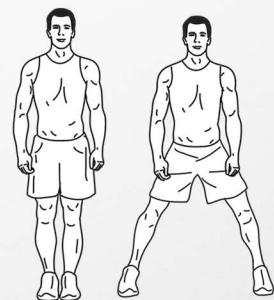
2 side leg raises



10 high knees



2 side-to-side jumps



2 half jacks