

catch'em all

DAREBEE WORKOUT @ darebee.com

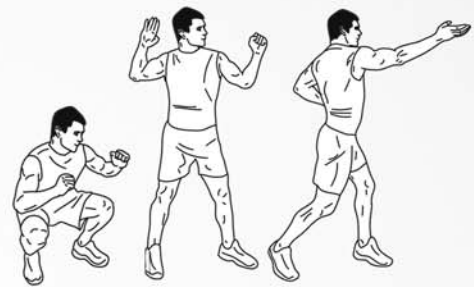
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



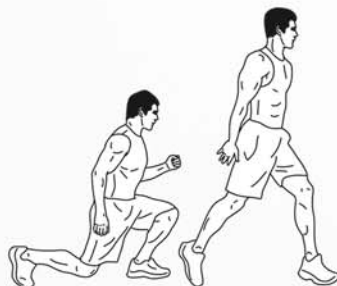
4 side-to-side lunges



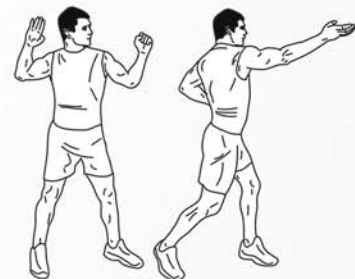
10 squat + knife hand strike



20 high knees



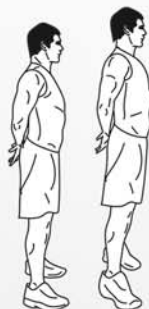
4 jumping lunges



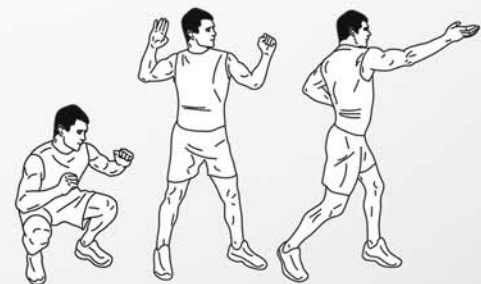
10 knife hand strikes



20 high knees



4 calf raises



10 squat + knife hand strike