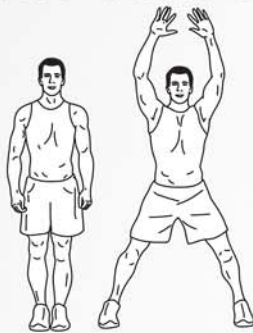


# DAREBEE

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

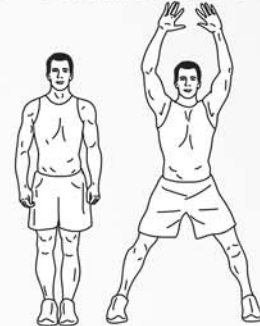
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** jumping jacks



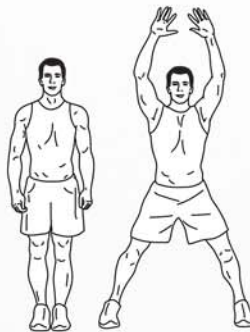
**20sec** jump squats



**20sec** jumping jacks



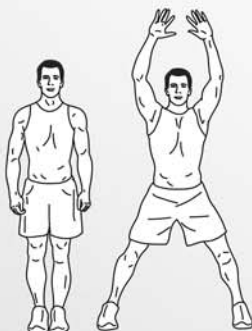
**20sec** calf raises



**20sec** jumping jacks



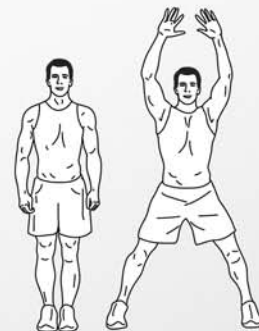
**20sec** calf raises



**20sec** jumping jacks



**20sec** jump squats



**20sec** jumping jacks