

# Double Tap

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**10** toe tap hops

**4** climber taps

**10** toe tap hops

**4** climber taps

**10** toe tap hops

**4** climber taps

**10** toe tap hops

**4** climber taps