

GENESIS

DAREBEE **HIT** WORKOUT © darebee.com

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



20sec high knees



20sec knee-to-elbows



20sec high knees



20sec climbers



20sec high knees



20sec climbers



20sec high knees



20sec knee-to-elbows



20sec high knees