

HEEL

DAREBEE WORKOUT @ darebee.com

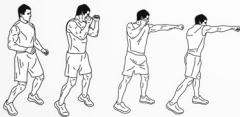
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



20 bounce bounce squat



20 combo bounce bounce + jab + cross



20 knee strikes



5 burpees