

# JINX

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

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



10 high knees



10 climbers



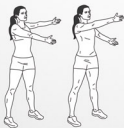
10 high knees



5 basic burpees



5 calf raises



10 scissor chops



10 arm circles