

# RUNNING THROUGH THE MINEFIELD

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

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



**40** high knees



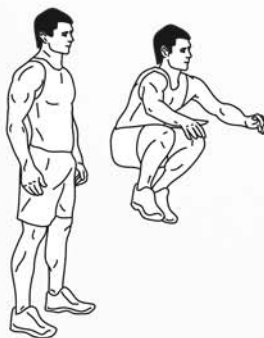
**2** jump knee-tucks



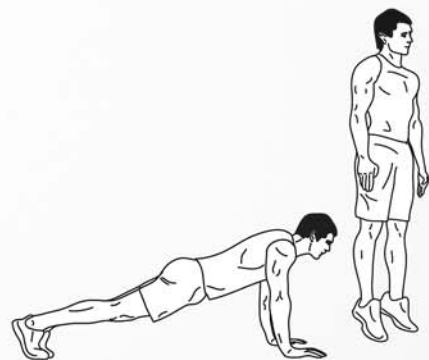
**20-count** squat hold



**40** high knees



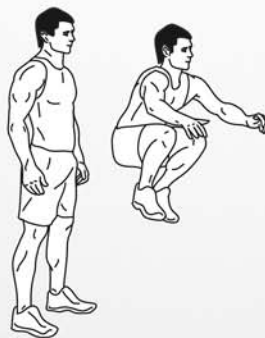
**2** jump knee-tucks



**4** basic burpees w/jump



**40** high knees



**2** jump knee-tucks



**20-count** squat hold