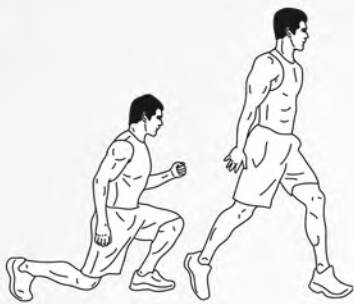


# The Nix

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

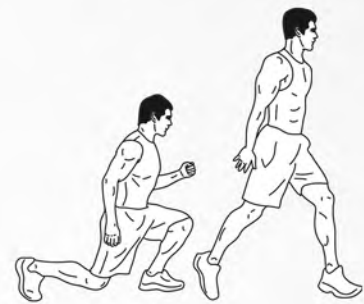
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



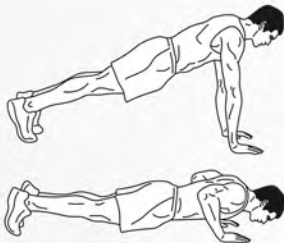
**20** jumping lunges



**40** high knees



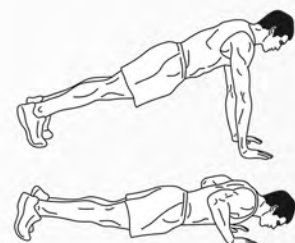
**20** jumping lunges



**20** push-ups



**40** high knees



**20** push-ups



**20** jump squats



**40** high knees



**20** jump squats