

Obstacle Run

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
open area friendly - run (and jump) from point A to point B



1min high knees



+ jump to the left +



jump knee tuck



1min high knees



+ jump to the right +



jump knee tuck



1min high knees



+ forward hop +



jump knee tuck