

# POWER UP

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

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



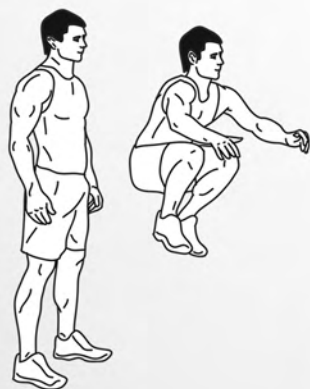
**20** high knees



**20** lunge ste-ups



**20** lunge kicks



**10** jump knee tucks



**10** side-to-side lunges



**10** squats