

# RAINY DAY

DAREBEE  
WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks

10 high knees

10 butt kicks

