

# REV UP!

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

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



20 jumping jacks



20 side leg raises



20 high knees



20 jumping jacks



20 knee to elbows



20 high knees



20 jumping jacks



20 back leg raises



20 high knees