

# RINGBEARER

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

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** march steps



**20sec** squat hold



**20sec** half jacks



**20sec** high knees



**20sec** squat hold



**20sec** high knees



**20sec** march steps



**20sec** squat hold



**20sec** half jacks