

SPEED DRILLS

DAREBEE WORKOUT @ darebee.com

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



20 squat hops



10 jumping lunges



20 high knees



20 climbers



10 basic burpees



20 high knees



20 toe tap hops



10 straight leg bounds



20 high knees