

TRACK & FIELD

DAREBEE WORKOUT @ darebee.com

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



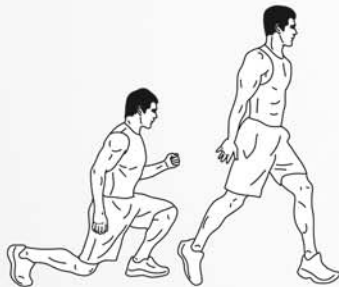
10 high knees



one jump knee tuck



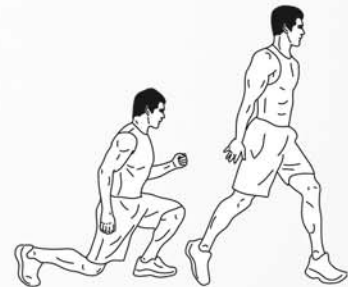
10 high knees



one jump lunge



10 high knees



one jump lunge



10 high knees



one jump knee tuck



10 high knees