

TRICKSTER

DAREBEE WORKOUT @ darebee.com

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



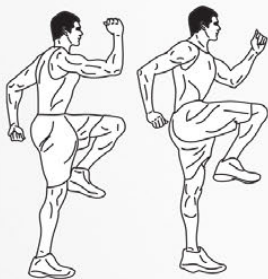
10-count balance hold
left leg



20 high knees



10-count balance hold
right leg



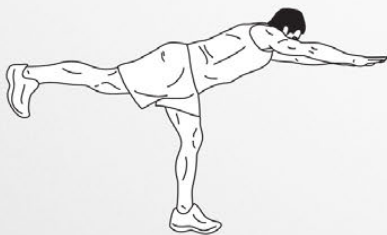
20 march steps



20 high knees



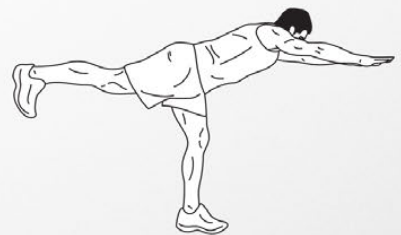
20 march steps



10-count balance hold
left leg



20 high knees



10-count balance hold
right leg