

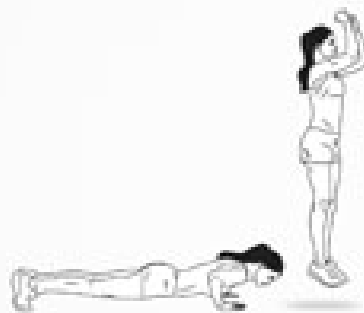
BURNING BRIGHT

DAREBEE WORKOUT © darebee.com

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



20 high knees



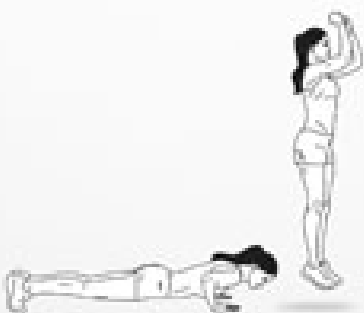
2 burpees



20 punches



20 high knees



2 burpees

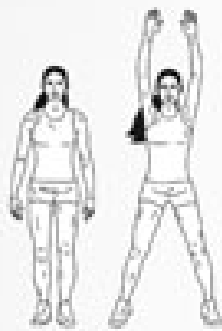


20 front kicks

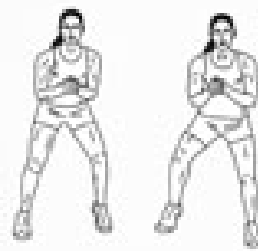
intense cardio

DAREBEE WORKOUT © darebee.com

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



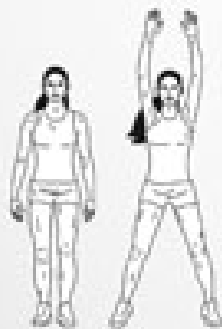
10 jumping jacks



10 pacer steps



10 hop heel clicks



10 jumping jacks



10 butt kicks



40 high knees

*SPEED UP
IN THE LAST 20 REPS.
GO FLAT OUT!*