



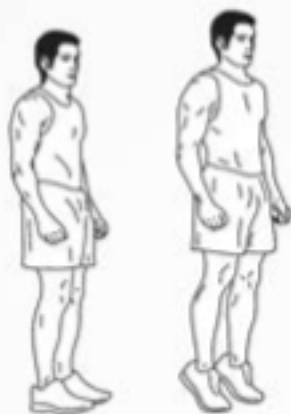
BLADE **RUNNER**

DAREBEE WORKOUT © darebee.com

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



60 high knees



20 calf raises



10 jump knee tucks



20 scissors



10 flutter kicks



10 reverse flutter kicks