

# BOY, THAT ESCALATED QUICKLY

DAREBEE WORKOUT  
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**10** jumping jacks

**10** high knees

**10** side-to-side jumps

**20** jumping jacks

**20** high knees

**20** side-to-side jumps

**30** jumping jacks

**30** high knees

**30** side-to-side jumps

done



**LEVEL I** 3 sets

**LEVEL II** 5 sets

**LEVEL III** 7 sets

**REST** up to 2 minutes

