

CHEETAH

DAREBEE WORKOUT @ darebee.com

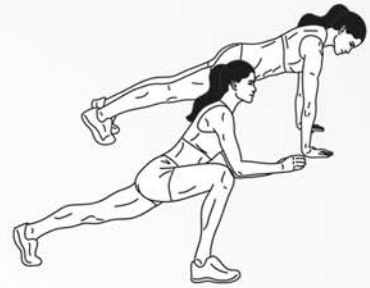
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



10 climbers



4 plank-into-lunges



20 high knees



10 climbers



4 climber taps



20 high knees



10 climbers



4 jump squats