

# IMPOSSIBLE CARDIO

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



20 jumping jacks



10 burpees



20 jumping jacks



20 toe tap hops



10 climbers



20 toe tap hops



20 high knees



10 jumping lunges



20 high knees