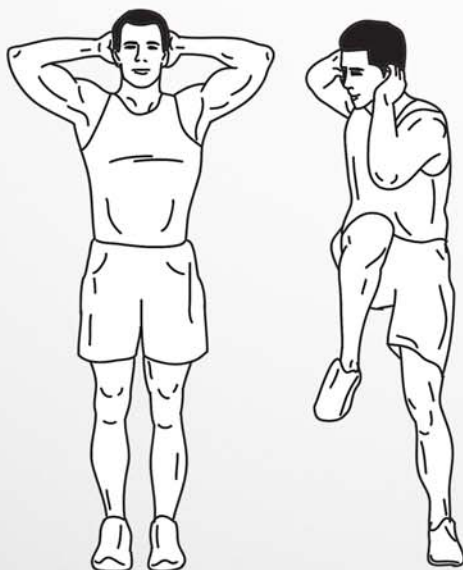
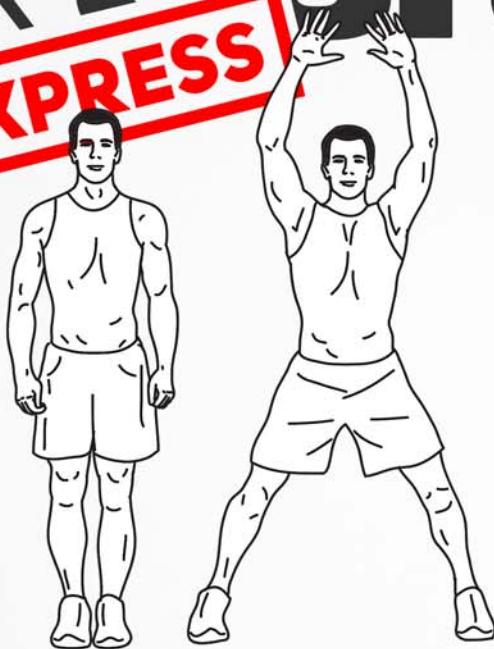


Cardio & Core

EXPRESS



DAREBEE
WORKOUT

@ darebee.com

3 sets | 2 minutes rest

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

10 jumping jacks

4 knee-to-elbows

done