

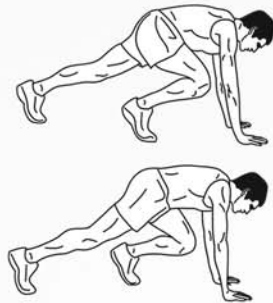
Cardio & Core

DAREBEE WORKOUT @ darebee.com

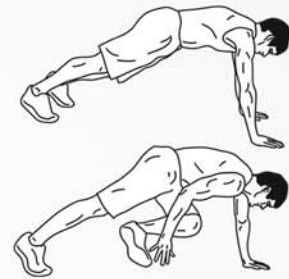
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



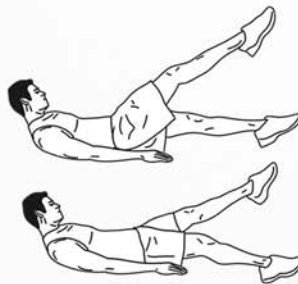
10 climbers



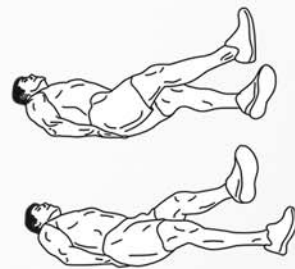
2 climber taps



20 high knees



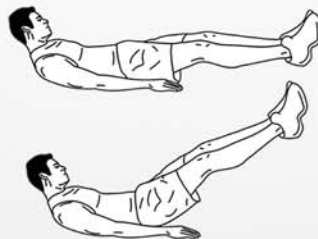
10 flutter kicks



2 scissors



20 high knees



10 leg raises



2 raised leg circles