

# CARDIO BAR

WORKOUT by DAREBEE

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Repeat 5 times in total

2 minutes rest between sets



**20** high knees

jump up and do **one pull-up**

**20** high knees

jump up and do **one pull-up**

**20** high knees

jump up and do **one pull-up**

**20** high knees

jump up and do **one pull-up**

**20** high knees

jump up and do **one pull-up**

done

