

cardio

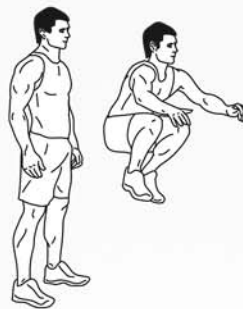
MAX

DAREBEE WORKOUT @ darebee.com

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



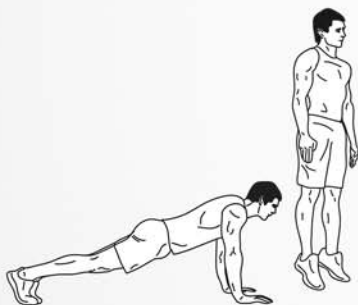
10 high knees



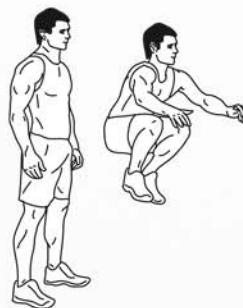
5 jump knee tucks



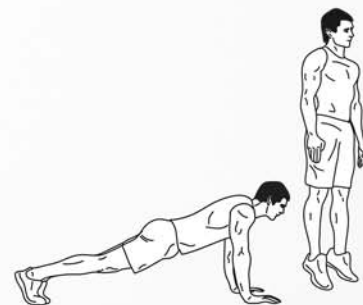
10 high knees



10 basic burpees



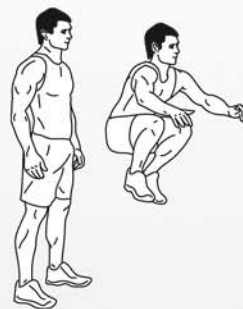
5 jump knee tucks



10 basic burpees



10 high knees



5 jump knee tucks



10 high knees