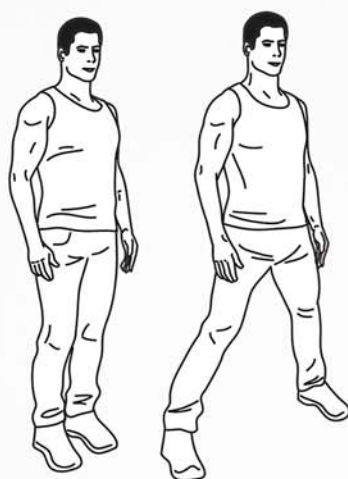


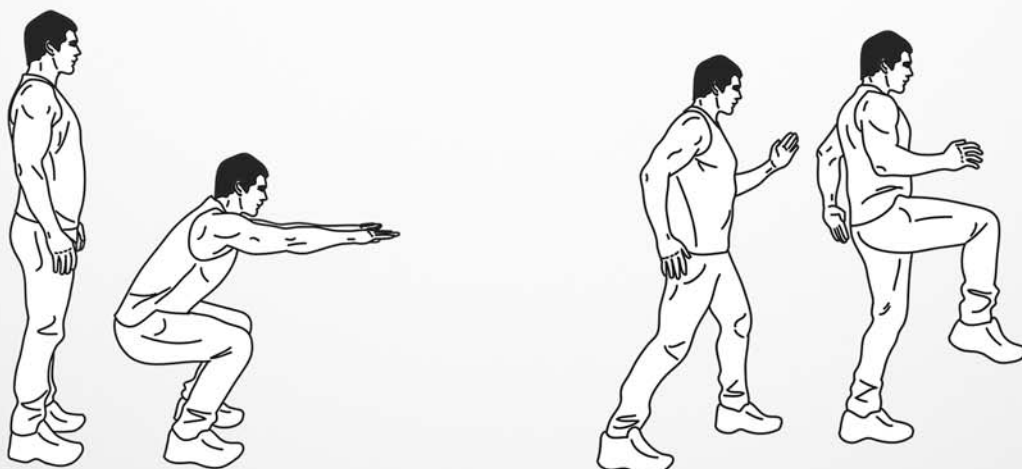
Cardio Mixer

DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec half jacks



20sec squats

20sec step back + knee ups