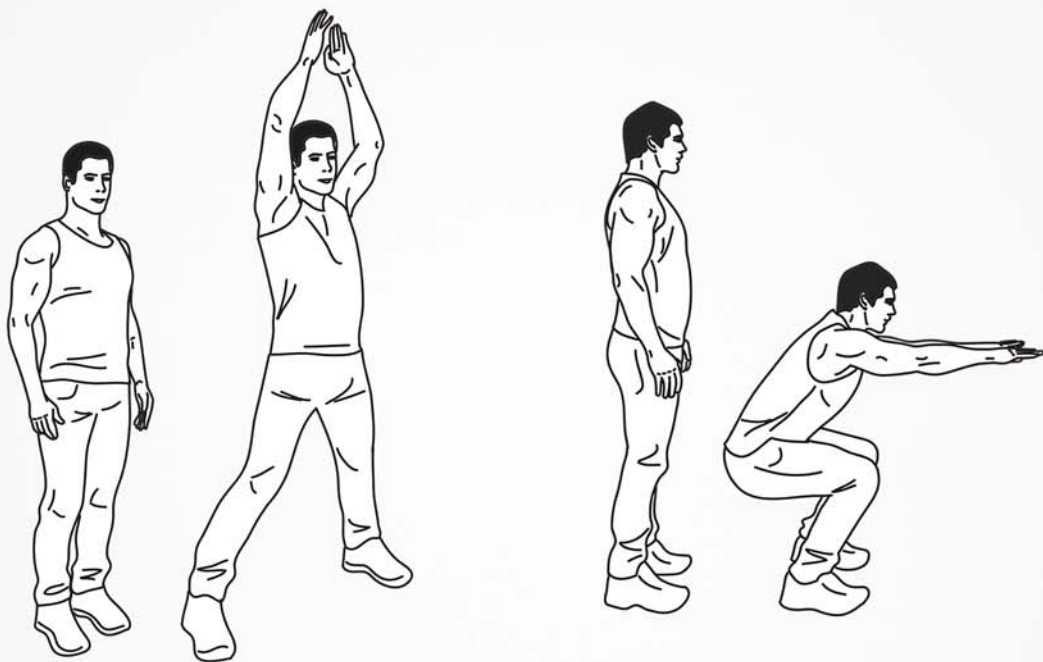


Cardio Prime

advanced

DAREBEE **HIIT** WORKOUT @ darebee.com

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



10sec jumping jacks

10sec squats

10sec jumping jacks

10sec squats

10sec jumping jacks

10sec squats

done