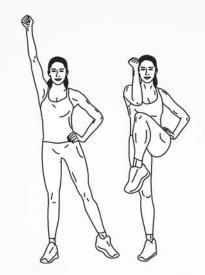
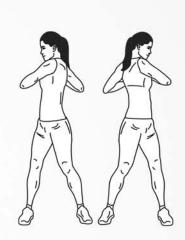
## Gardio Pump

## DAREBEE WORKOUT © darebee.com

repeat 3 times with 2 minutes rest in between







10 step back + knee ups

10 knee-to-elbows

4 torso rotations

10 step back + knee ups

**10** knee-to-elbows

4 torso rotations

10 step back + knee ups

10 knee-to-elbows

4 torso rotations

done