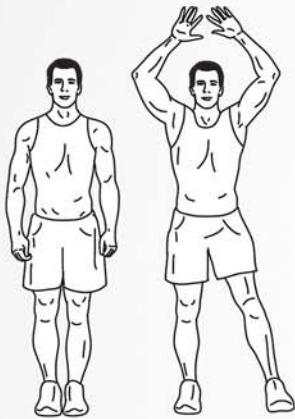


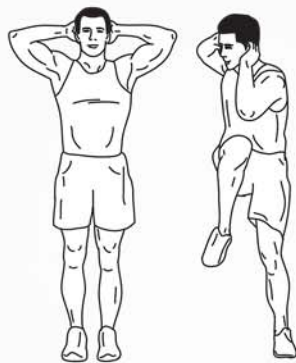
# Cardio Rehab

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

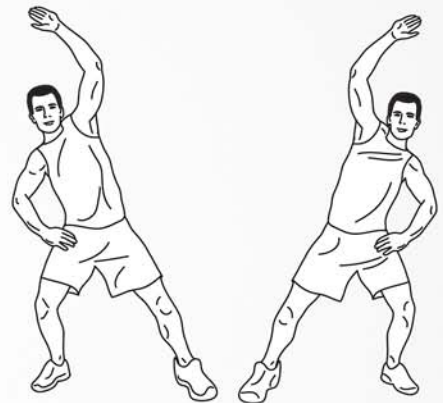
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



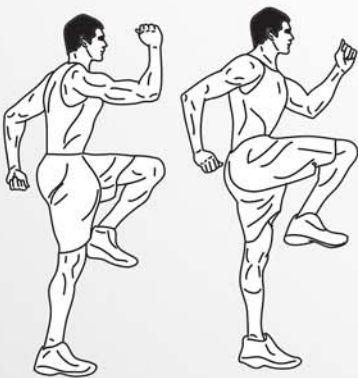
**10** step jacks



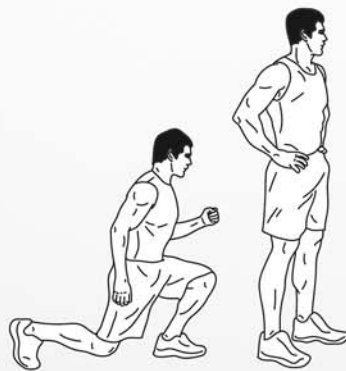
**10** knee-to-elbows



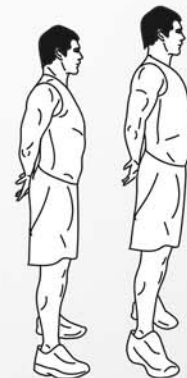
**10** side jacks



**10** march steps



**10** reverse lunges



**10** calf raises