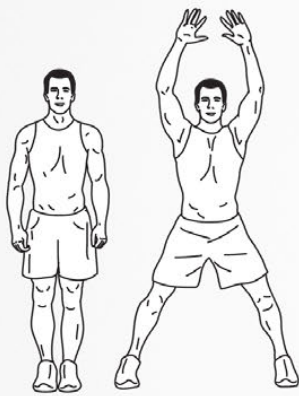
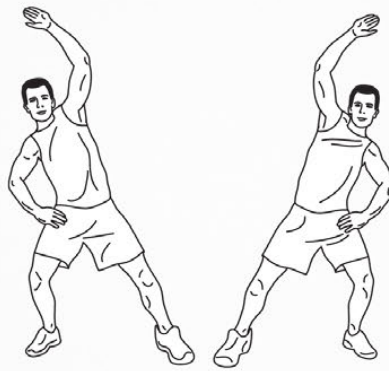


Daily Cardio Dose

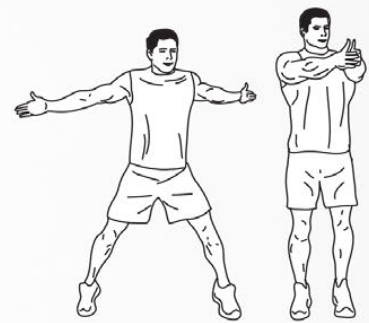
DAREBEE WORKOUT @ darebee.com



50 jumping jacks



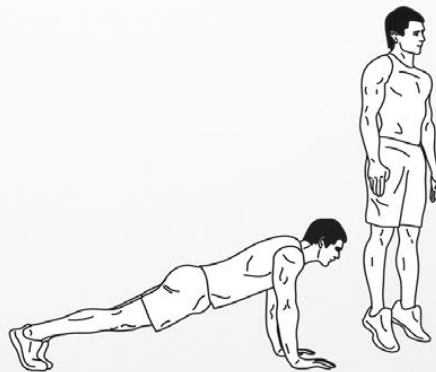
40 side jacks



30 seal jacks



20 butt kicks



10 basic burpees