

POWER CARDIO

DAREBEE WORKOUT
@ darebee.com

LEVEL I 3 sets

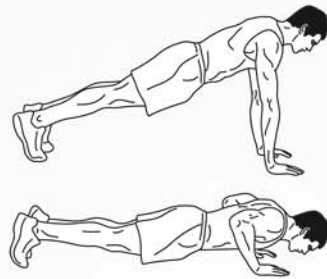
LEVEL II 5 sets

LEVEL III 7 sets

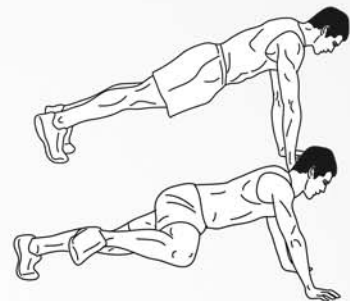
REST up to 2 minutes



40 high knees



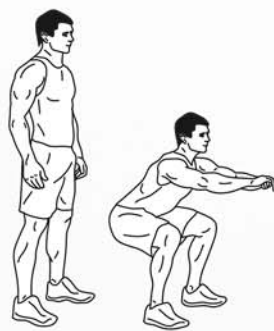
10 push-ups



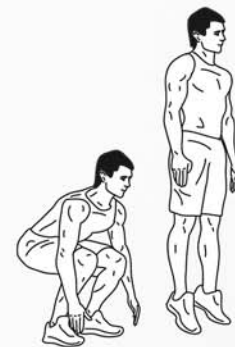
10 plank crunches



40 high knees



10 squats



10 jump squats



40 high knees



10 sit-ups



10 butt-ups