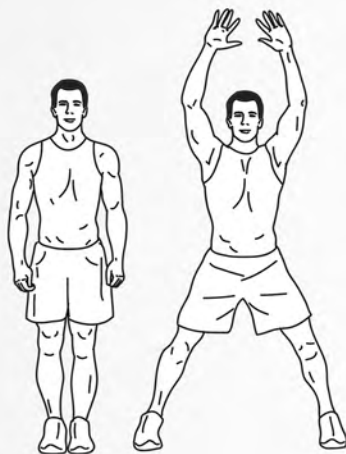


# watch me.

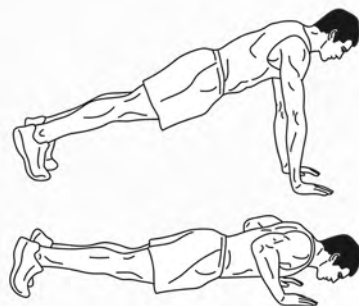
DAREBEE CARDIO WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

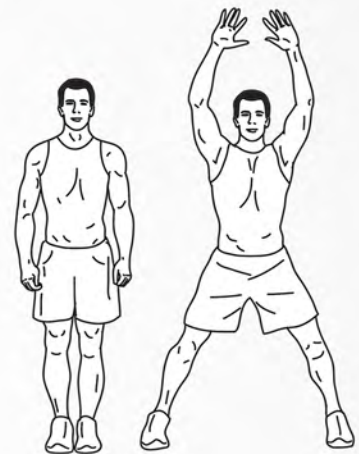
REST up to 2 minutes



**10** jumping jacks



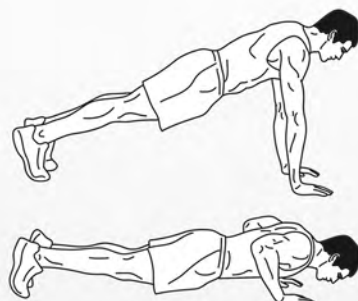
**one** push-up



**10** jumping jacks



**10** squats



**one** push-up



**10** squats