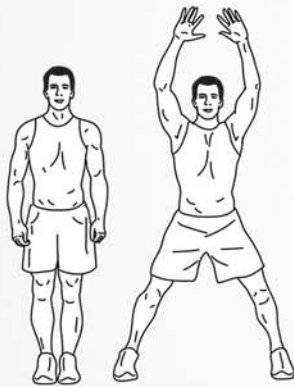


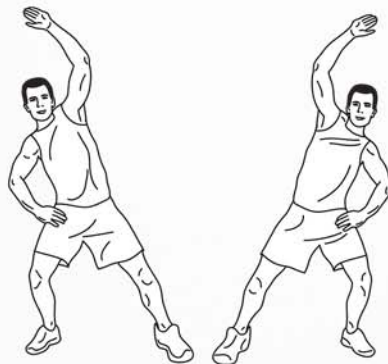
# CARDIO CROSS

DAREBEE **HIT** WORKOUT © [darebee.com](http://darebee.com)

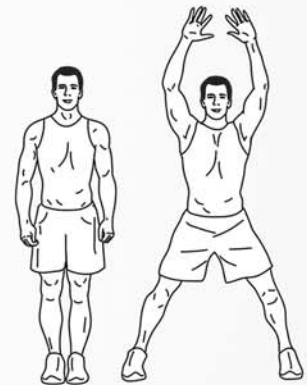
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



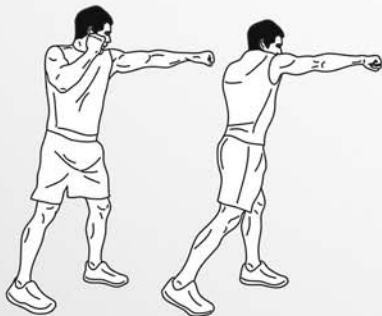
**20sec** jumping jacks



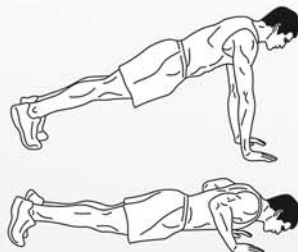
**20sec** side step jacks



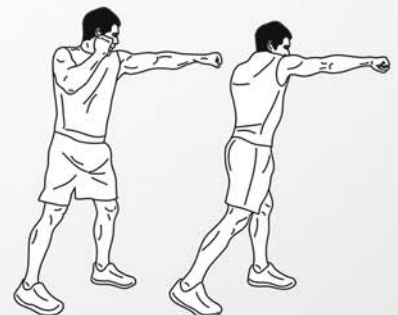
**20sec** jumping jacks



**20sec** punches



**20sec** push-ups



**20sec** punches