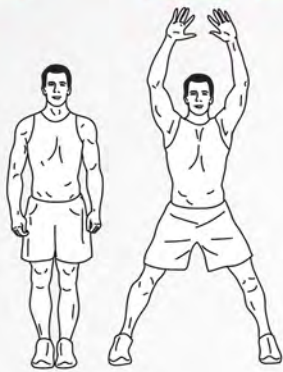


CARDIO FIRE

WORKOUT
BY DAREBEE
© darebee.com

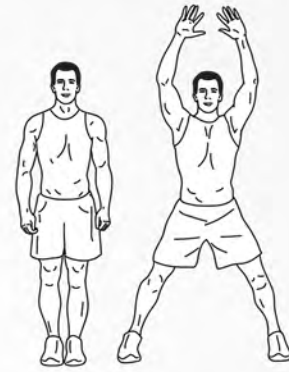
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
2 minutes rest



10 jumping jacks



4 side-to-side jumps



10 jumping jacks



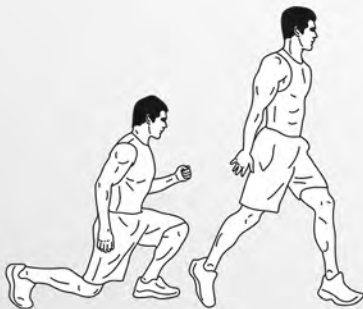
10 high knees



4 knee-to-elbow twists



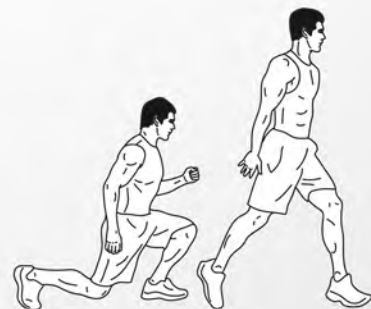
10 high knees



10 jumping lunges



4 side-to-side lunges



10 jumping lunges