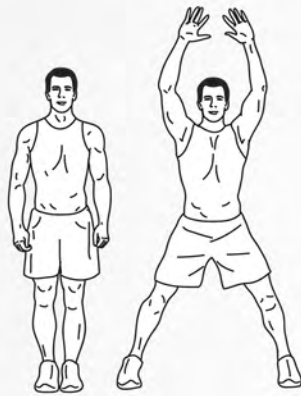


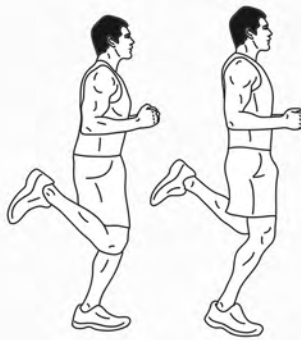
# Cardio Fix

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

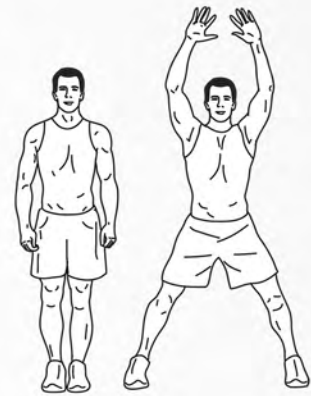
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



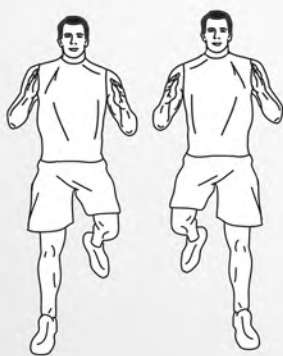
**10** jumping jacks



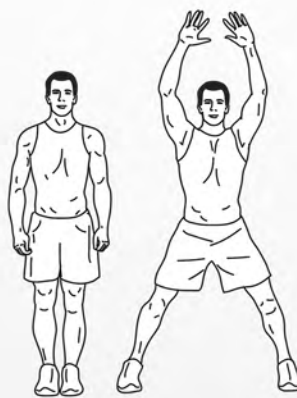
**10** butt kicks



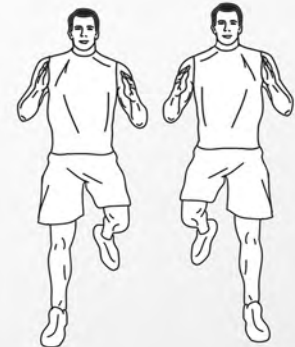
**10** jumping jacks



**10** side-to-side hops



**10** jumping jacks



**10** side-to-side hops