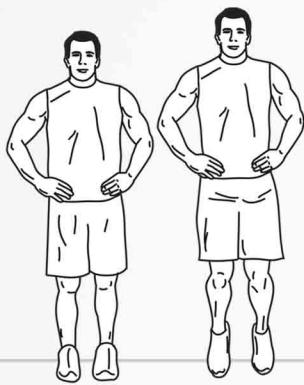


Cardio Hop

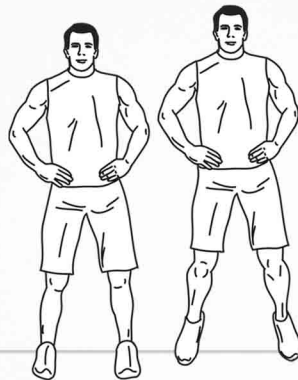
DAREBEE WORKOUT @ darebee.com

Repeat 3 times | up to 2min rest between sets

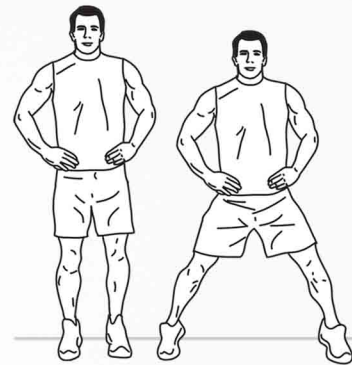
IN COLLABORATION WITH **NHS** choices



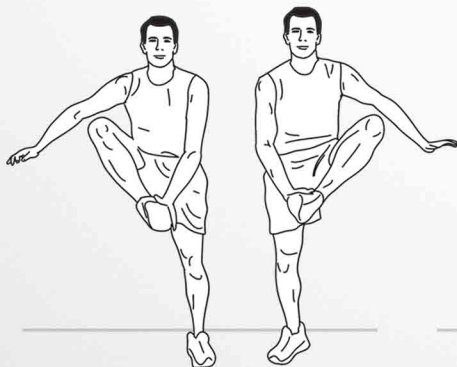
10 hop on the spot



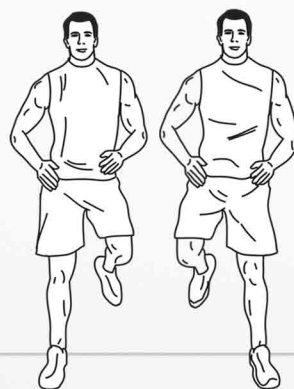
10 wide leg hops



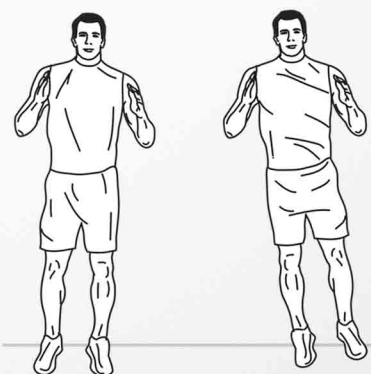
10 half jack hops



10 toe tap hops



10 side-to-side
single leg jumps



10 side-to-side hops