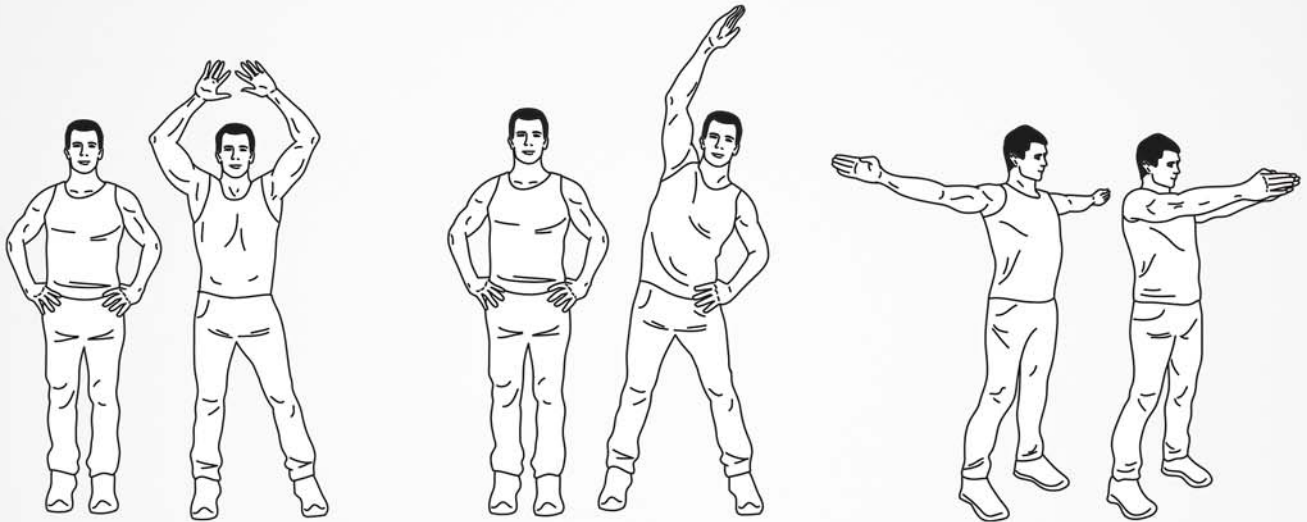


Cardio Inc.

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repeat 3 times with 2 minutes rest in between



20 step jacks

4 step side jacks

4 chest expansions

20 step jacks

4 step side jacks

4 chest expansions

20 step jacks

4 step side jacks

4 chest expansions

done