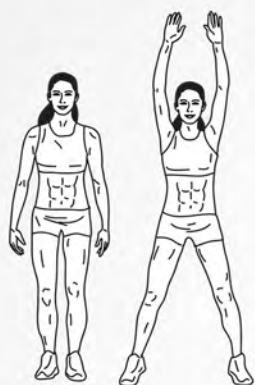


# cardio melt

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

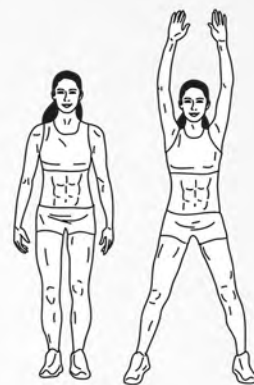
Level I 3 sets Level II 5 sets Level III 7 sets REST 2 minutes rest



**10** jumping jacks



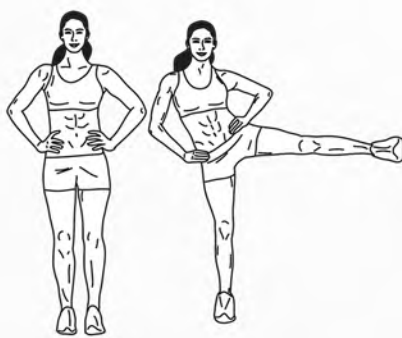
**5** arm circles



**10** jumping jacks



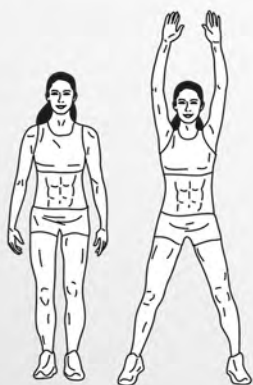
**10** arm circles



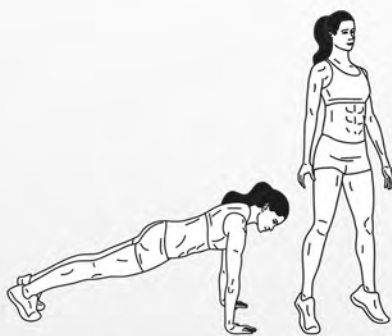
**10** side leg raises



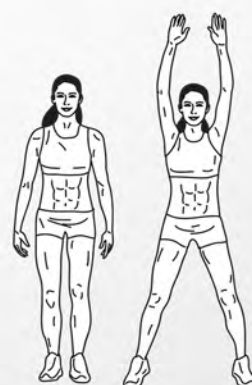
**10** arm circles



**10** jumping jacks



**5** basic burpees



**10** jumping jacks