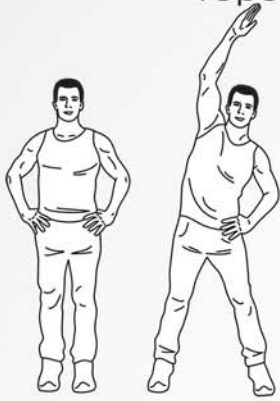


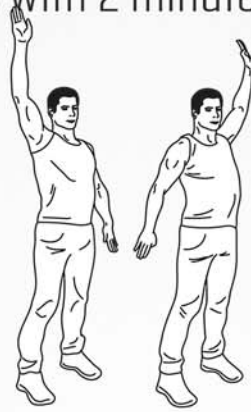
Cardio Mill

DAREBEE WORKOUT @ darebee.com

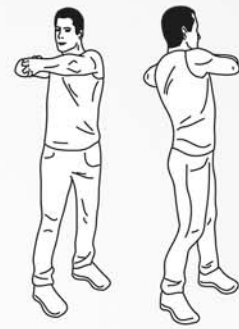
repeat 3 times with 2 minutes rest in between



20 side step jacks



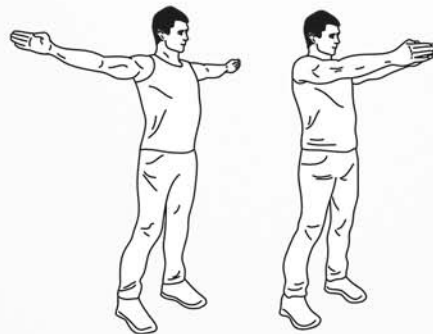
20 alt chest expansions



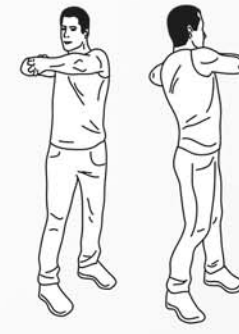
4 clasped arm rotations



20 side step jacks



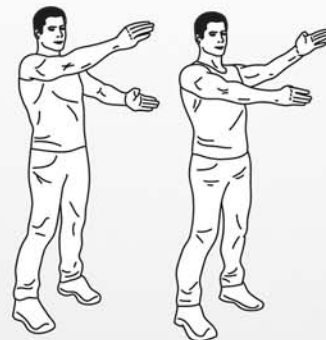
20 chest expansions



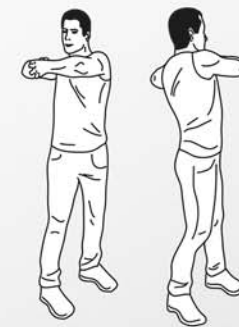
4 clasped arm rotations



20 side step jacks



20 arm chops



4 clasped arm rotations