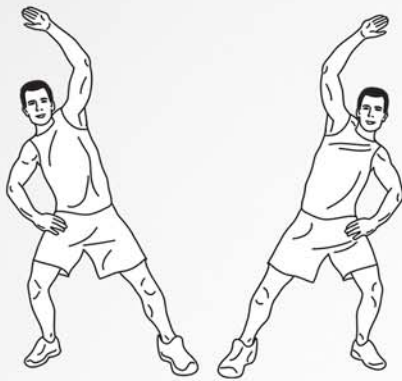


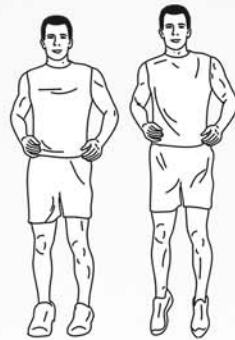
CARDIO POP

DAREBEE WORKOUT @ darebee.com

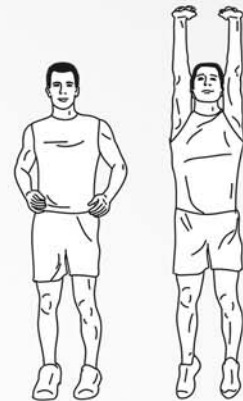
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes rest



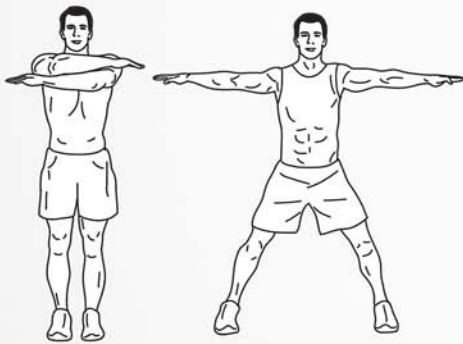
20 side step jacks



20 hops on the spot



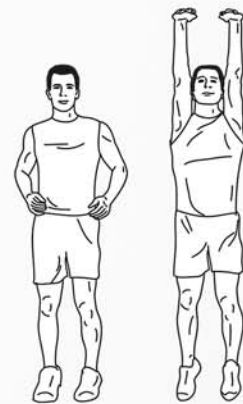
20 calf raise hop & reach



20 step expansions



20 hops on the spot



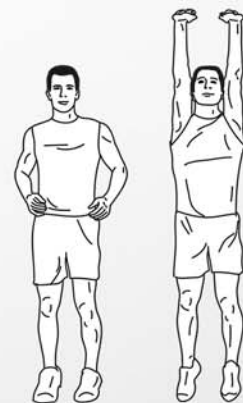
20 calf raise hop & reach



20 knee-to-elbow strikes



20 hops on the spot



20 calf raise hop & reach