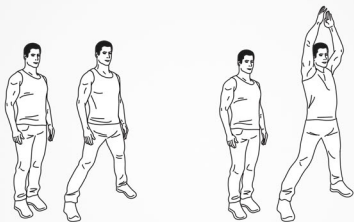


Cardio Prime

DAREBEE **HIIT** WORKOUT @ darebee.com

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



10sec half jacks

10sec jumping jacks

10sec half jacks

10sec jumping jacks

10sec half jacks

10sec jumping jacks