

# Cardio Pump

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

repeat 3 times with 2 minutes rest in between



**10** step back + knee ups

**10** knee-to-elbows

**4** torso rotations

**10** step back + knee ups

**10** knee-to-elbows

**4** torso rotations

**10** step back + knee ups

**10** knee-to-elbows

**4** torso rotations

done