

CARDIO QUEEN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 butt kicks



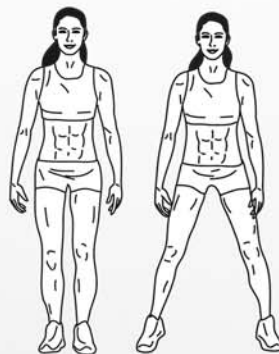
10 high knees



10 butt kicks



4 knee-to-elbows



10 half jacks



4 knee-to-elbows