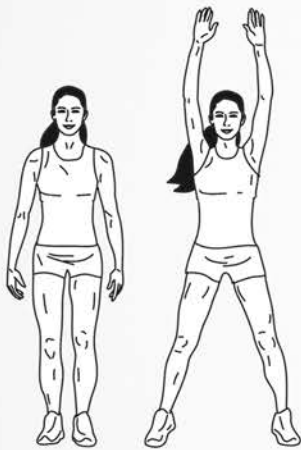


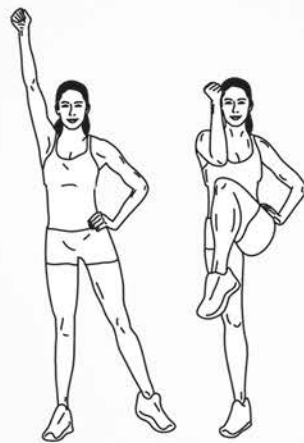
# INDOOR CARDIO

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

repeat 5 times up to 2 minutes rest between sets



**20** jumping jacks



**10** knee-to-elbow



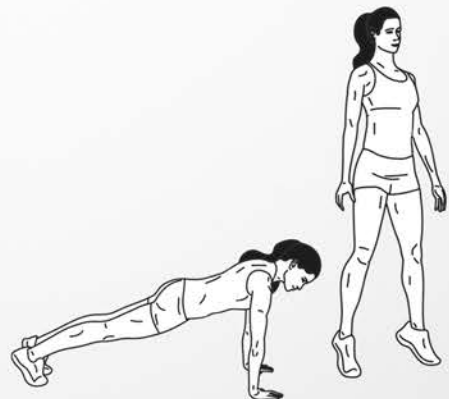
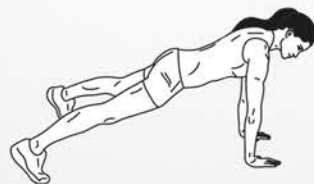
**10** butt kicks



**10** climbers



**5** plank jacks



**5** basic burpees