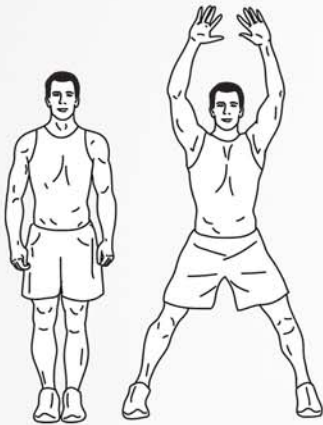


# JUMP START

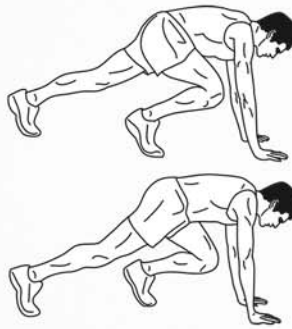
DAREBEE CARDIO WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

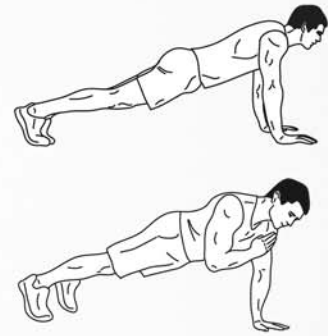
REST up to 2 minutes



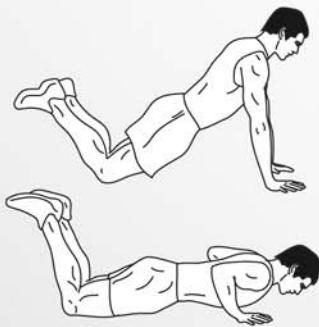
**10** jumping jacks



**10** climbers



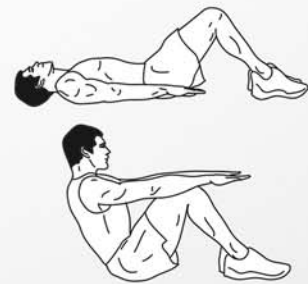
**10** shoulder taps



**2** knee push-ups



**2** jump squats



**10** sit-ups