

# killer cardio

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



20 high knees

4 climbers

20 high knees

4 climbers

20 high knees

4 climbers



20 high knees

4 climbers



20 high knees

4 climbers