

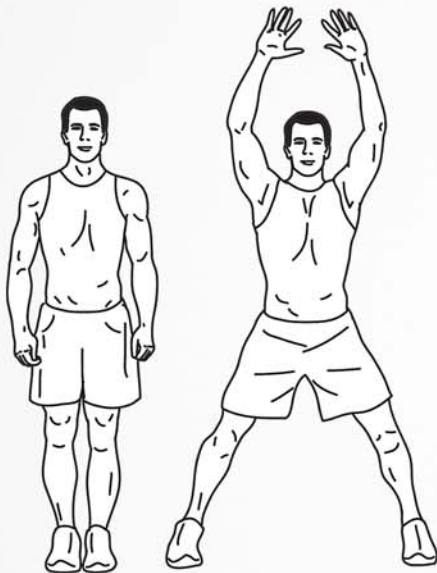
not feeling like it? do -

NUMBERS

DAREBEE WORKOUT © darebee.com

Split total reps into manageable sets.

CARDIO



100

jumping jacks

5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5



200

high knees

10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10