

# TRACER

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



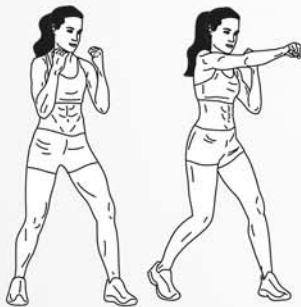
**20** high knees



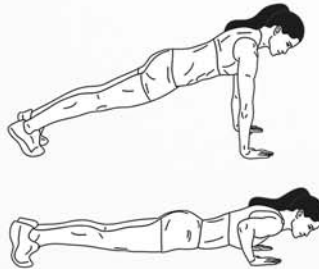
**10** side-to-side lunges



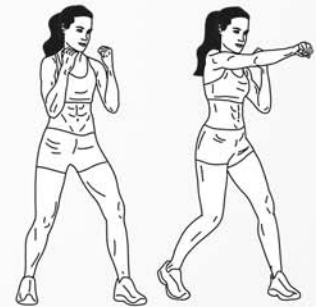
**20** high knees



**40** punches



**10** push-ups



**40** punches



**20** reverse lunges



**10** side-to-side lunges



**20** jumping lunges