

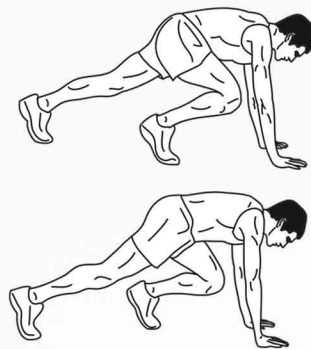
Cardio & Core

DAREBEE WORKOUT @ darebee.com

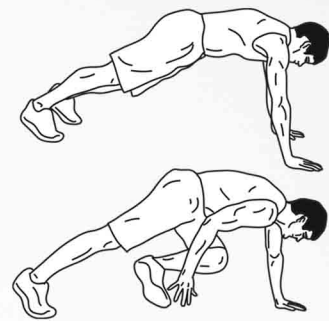
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



60 high knees



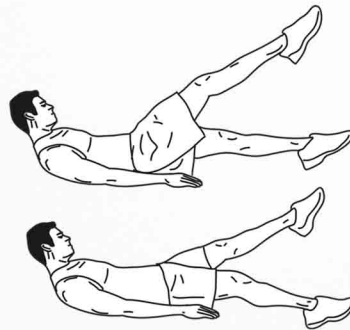
10 climbers



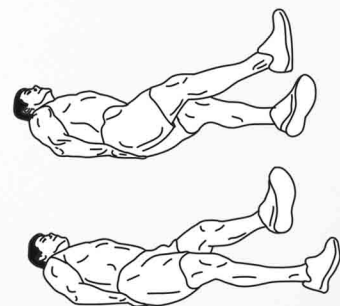
10 climber taps



60 high knees



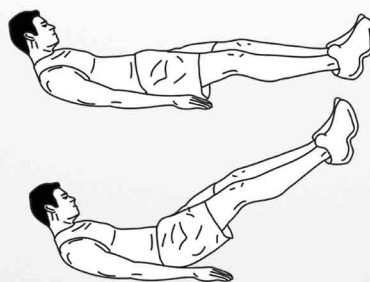
10 flutter kicks



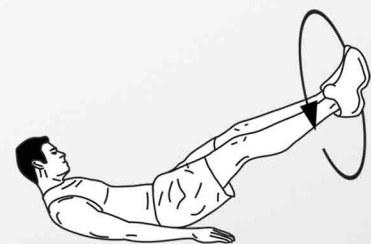
10 scissors



60 high knees



10 leg raises



10 raised leg circles