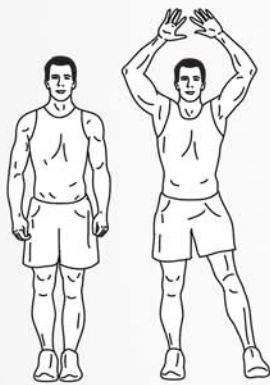


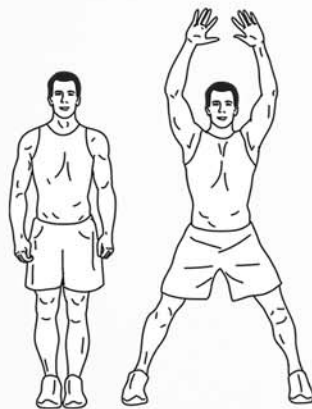
Beginner Cardio

DAREBEE WORKOUT @ darebee.com

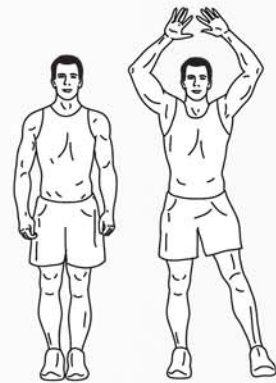
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



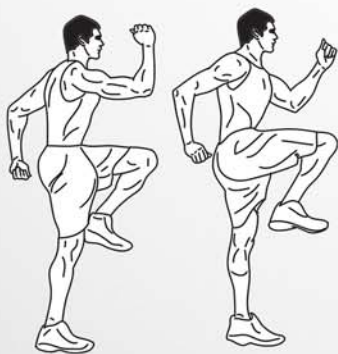
10 side jacks



30 jumping jacks



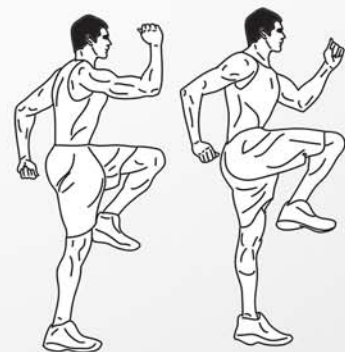
10 side jacks



10 march steps



30 high knees



10 march steps