

CARDIO CIRCUIT

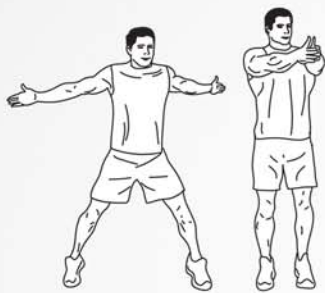
DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

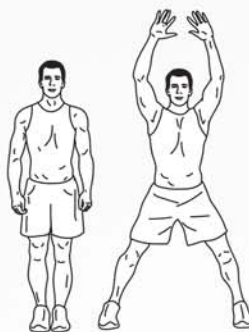
Level II 5 sets

Level III 7 sets

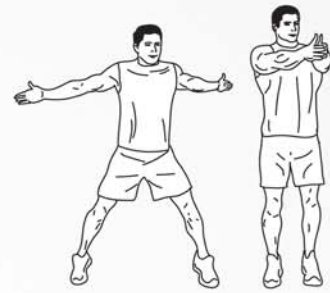
2 minutes rest



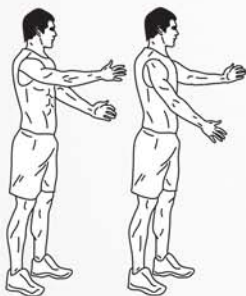
10 seal jacks



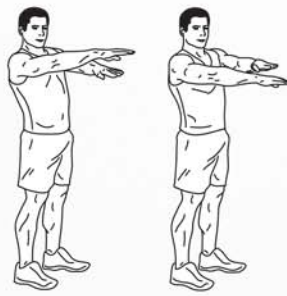
4 jumping jacks



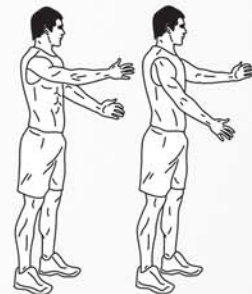
10 seal jacks



10 scissor chops



10 arm scissors



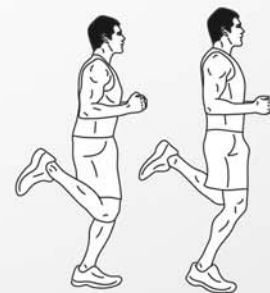
10 scissor chops



10 butt kicks



4 high knees



10 butt kicks