

# BAD KNEES

**CARDIO**

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**20** step jacks



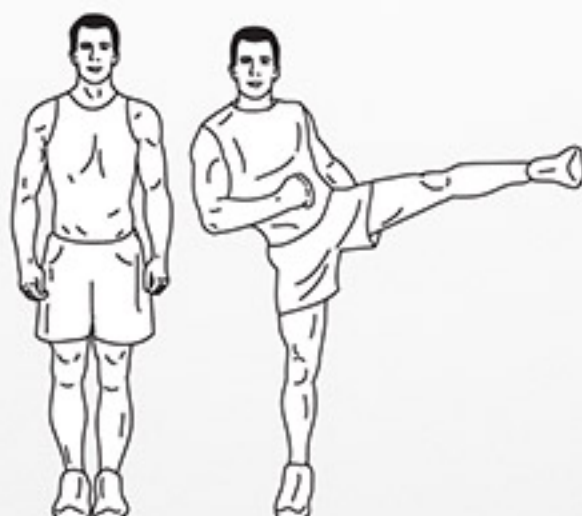
**10** side jacks



**20** step jacks



**20** march steps



**10** side leg raises

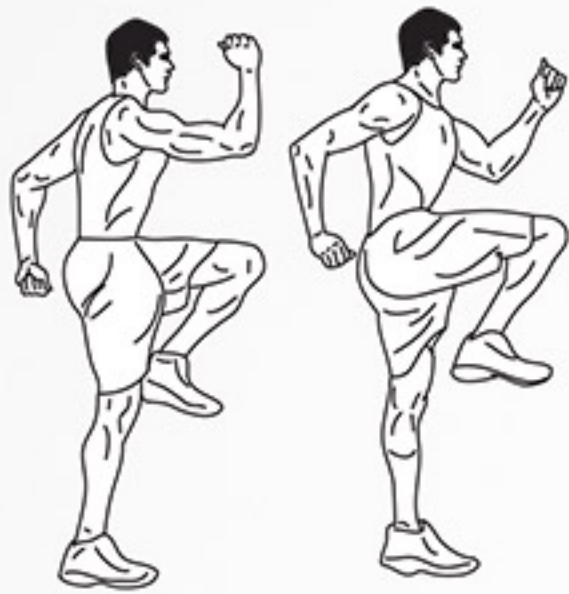


**20** march steps

# Cardio & Tone

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

3 sets | 2 minutes rest between sets



**20** march steps

**one** single leg squat (right)

**20** march steps

**one** single leg squat (left)



**20** march steps

**10** step back & knee up (right)

**20** march steps

**10** step back & knee up (left)



**20** march steps

**one** single leg squat (right)

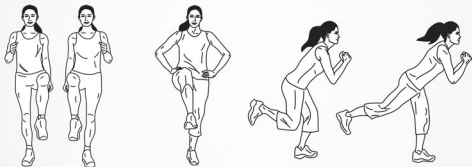
**20** march steps

**one** single leg squat (left)



# Cardio Balance

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**10** march steps

**10-count** raised knee hold (right leg)

**10** single leg back kicks (right leg)

**10** march steps

**10-count** raised knee hold (left leg)

**10** single leg back kicks (left left)

done

# cardio **light**

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



10 march steps



10 step jacks



10 march steps



10 side jacks



10 march steps



10 scissor steps



10 march steps

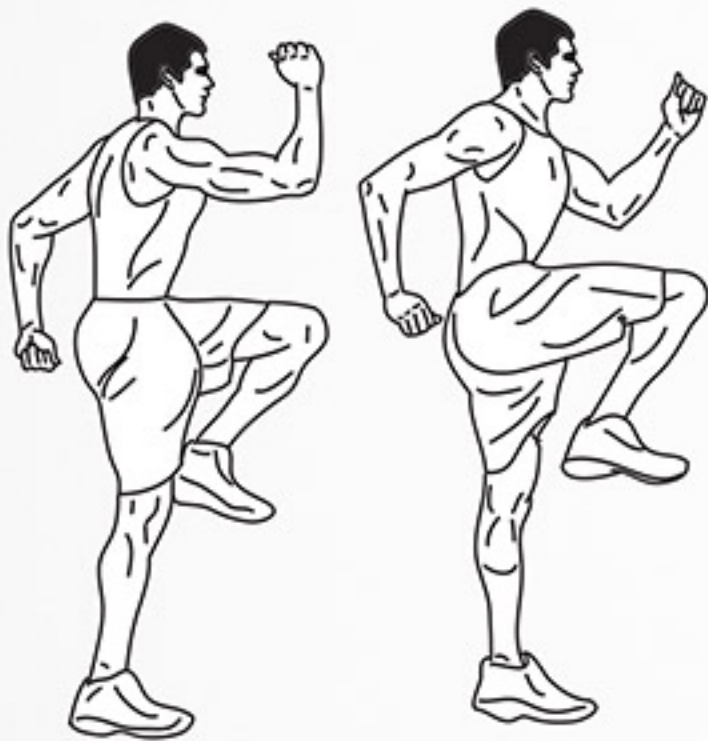


10 side-to-side steps



10 march steps

# cardio magic



## DAREBEE WORKOUT

@ [darebee.com](https://darebee.com)

5 sets | 2 minutes rest

**10** march steps

**6** butt-kicks

**10** march steps

**6** butt-kicks

**10** march steps

**6** butt-kicks

**10** march steps

**6** butt-kicks

**10** march steps

**6** butt-kicks

done



# Cardio Mill

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

repeat 3 times with 2 minutes rest in between



20 side step jacks



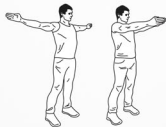
20 alt chest expansions



4 clasped arm rotations



20 side step jacks



20 chest expansions



4 clasped arm rotations



20 side step jacks



20 arm chops



4 clasped arm rotations

# Cardio Party

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

repeat 3 times with 2 minutes rest in between



10 cross leg raises



10 side leg raises



10 raised arm circles



10 low front kicks



10 step back + knee up



10 raised arm circles



10 march steps



10 side step jacks



10 raised arm circles

# Cardio Pump

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

repeat 3 times with 2 minutes rest in between



**10** step back + knee ups

**10** knee-to-elbows

**4** torso rotations

**10** step back + knee ups

**10** knee-to-elbows

**4** torso rotations

**10** step back + knee ups

**10** knee-to-elbows

**4** torso rotations

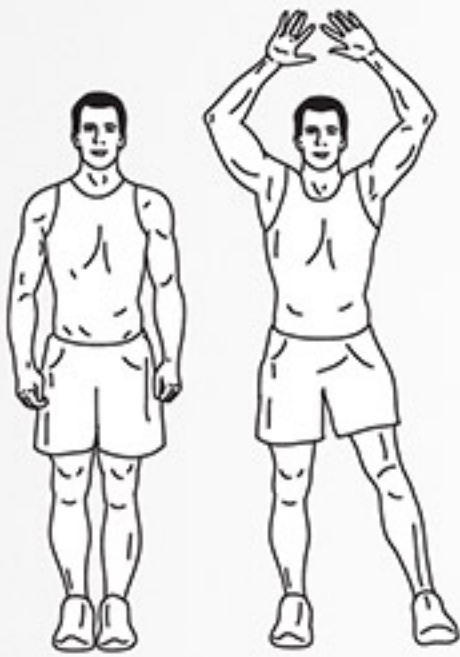
done



# Cardio Rehab

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



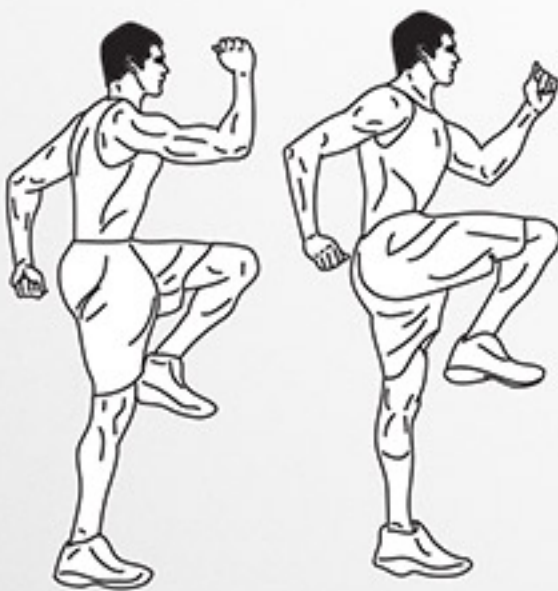
**10** step jacks



**10** knee-to-elbows



**10** side jacks



**10** march steps



**10** reverse lunges

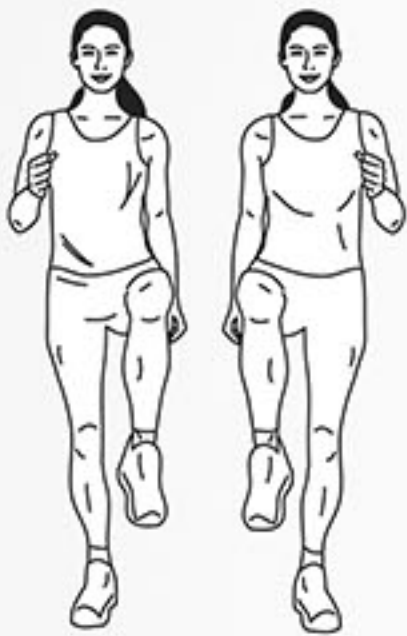


**10** calf raises

# CARDIO SCULPT

DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

repeat 5 times  
with 2 minutes rest  
in between



**20** march steps



**10** double punch step



**20** march steps



**10** twists



**20** march steps



**10** knee-to-elbows

# Cardio Stroll

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

repeat 3 times with 2 minutes rest in between



**20** march steps



**10** reverse lunges



**20** march steps



**10** forward lunges



**20** march steps



**10** step back + step up