

ANYWHERE CARDIO

DAREBEE WORKOUT © darebee.com



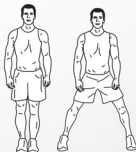
20 march steps **x 4 sets** in total
20 seconds rest in between sets



20 hops on the spot **x 2 sets** in total
no rest between sets 1 set per leg



20 side jacks **x 4 sets** in total
20 seconds rest in between sets



20 half jacks **x 4 sets** in total
20 seconds rest in between sets