

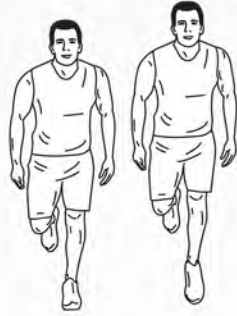
CARDIO & COORDINATION

DAREBEE WORKOUT @ darebee.com

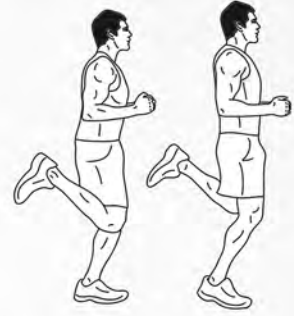
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



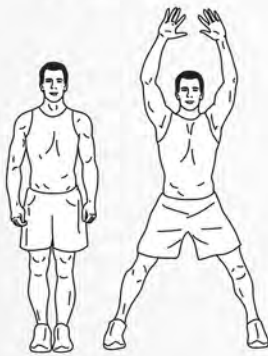
10 butt kicks



6 single leg hops



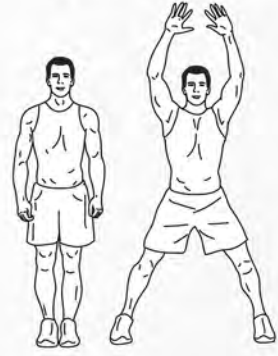
10 butt kicks



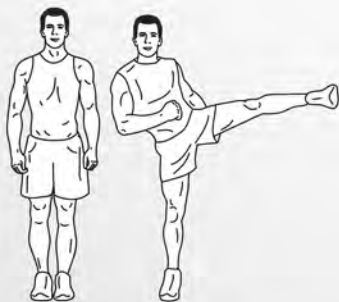
10 jumping jacks



6 side-to-side jumps



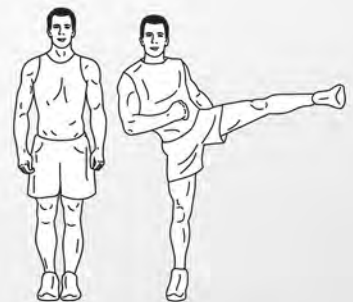
10 jumping jacks



10 side leg raises



6 knee-to-elbows



10 side leg raises