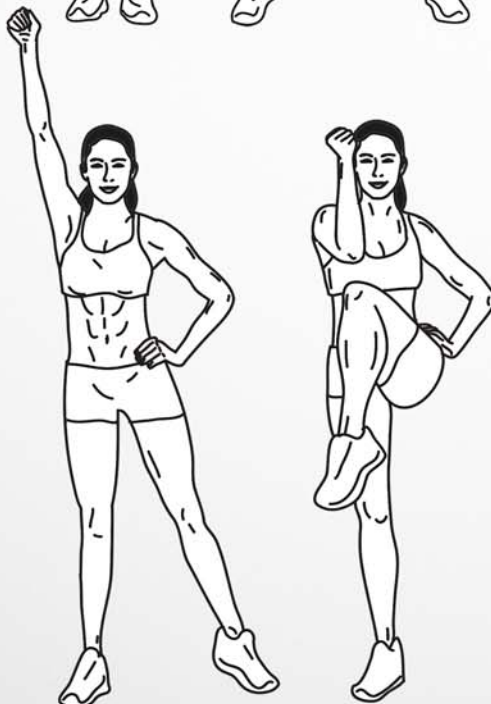
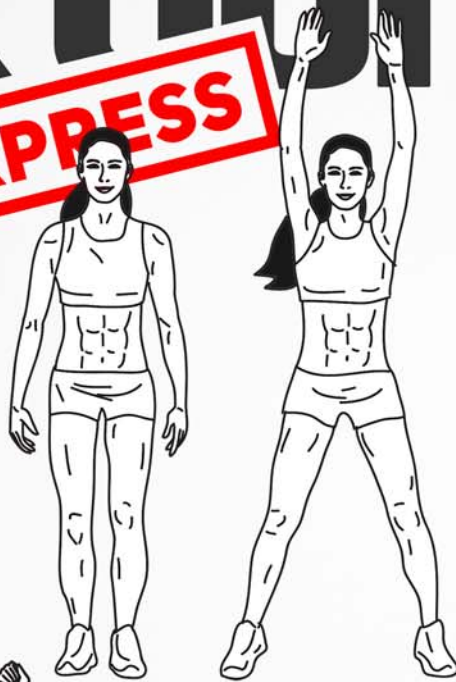


# Cardio & Core

**EXPRESS**



DAREBEE  
WORKOUT

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

3 sets | 2 minutes rest

**10** jumping jacks

**4** knee-to-elbows

**10** jumping jacks

**4** knee-to-elbows

**10** jumping jacks

**4** knee-to-elbows

**10** jumping jacks

**4** knee-to-elbows

**10** jumping jacks

**4** knee-to-elbows

done