

CARDIO BEAST

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

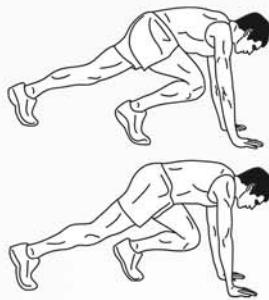
LEVEL II 5 sets

LEVEL III 7 sets

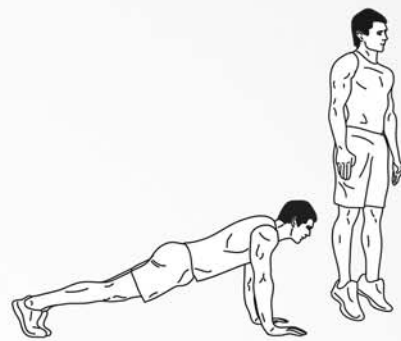
REST up to 2 minutes



20 high knees



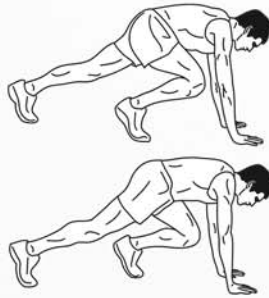
10 climbers



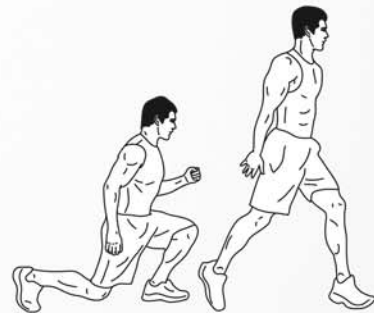
4 basic burpees



20 high knees



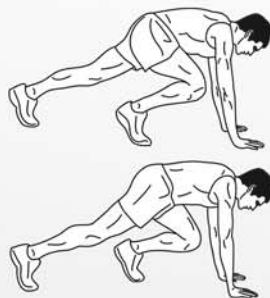
10 climbers



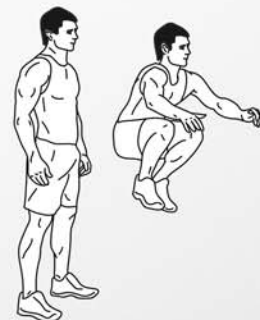
4 jumping lunges



20 high knees



10 climbers



4 jump knee-tucks