

# CARDIO COMBAT

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



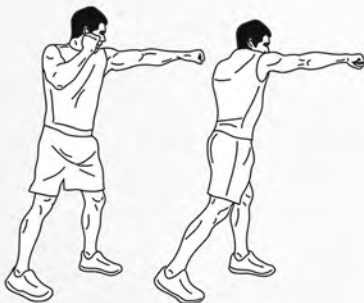
**20** high knees



**10** march twists



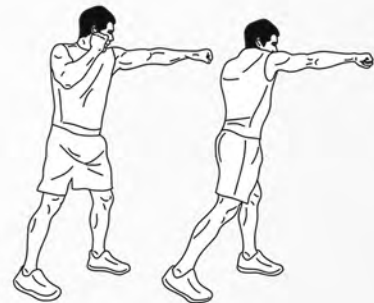
**20** high knees



**20** punches



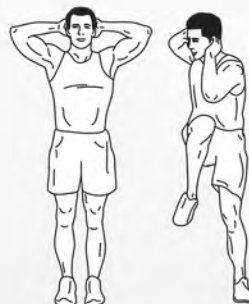
**10** overhead punches



**20** punches



**20** high knees



**10** knee-to-elbow  
one side first, then the other side



**20** high knees