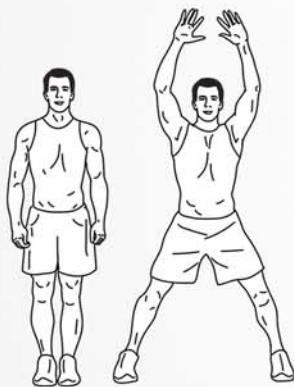


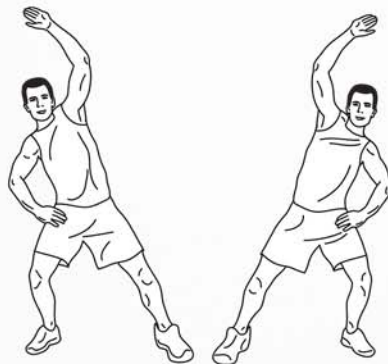
CARDIO CROSS+

DAREBEE **HIT** WORKOUT © darebee.com

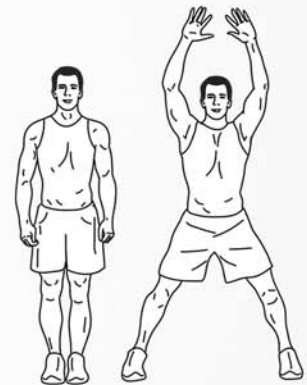
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



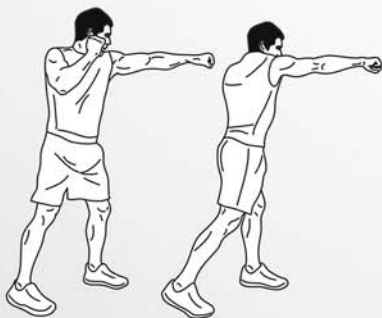
20sec jumping jacks



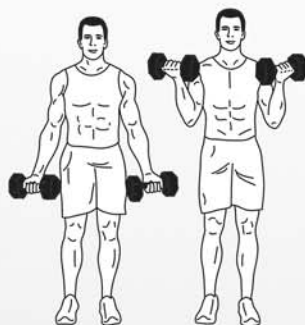
20sec side step jacks



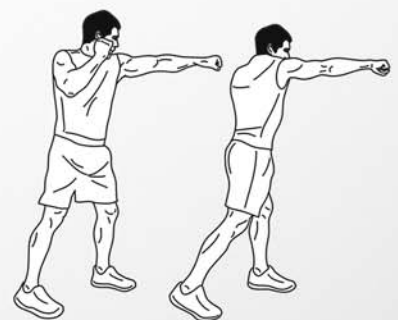
20sec jumping jacks



20sec punches



20sec bicep curls



20sec punches