

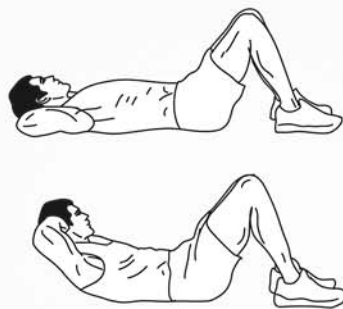
Cardio Crunch

DAREBEE WORKOUT @ darebee.com

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



20 high knees



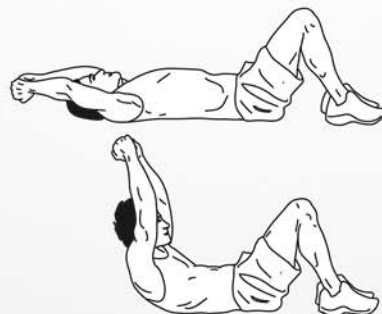
10 crunches



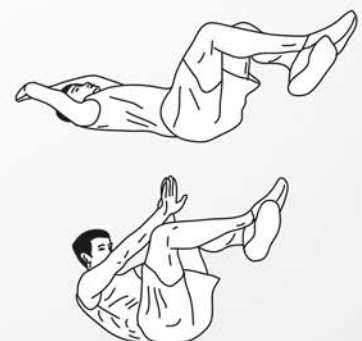
10 cross crunches



20 high knees



10 long arm crunches



10 knee crunches