

# CARDIO DEMON

DAREBEE WORKOUT

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LEVEL I 3 sets

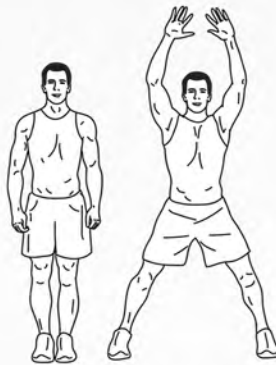
LEVEL II 5 sets

LEVEL III 7 sets

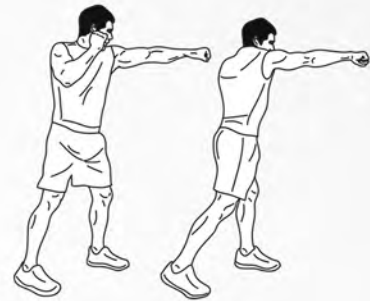
REST up to 2 minutes



**20** high knees



**4** jumping jacks



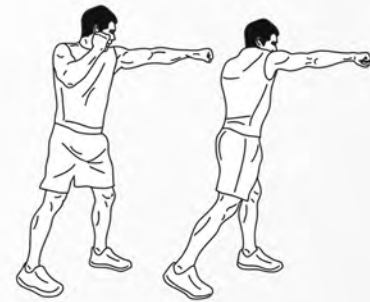
**20** punches



**20** high knees



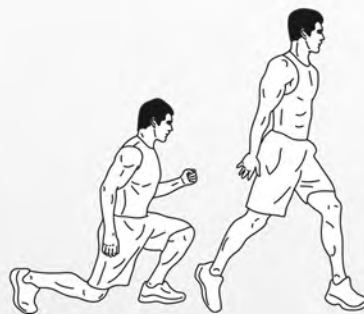
**4** jump squats



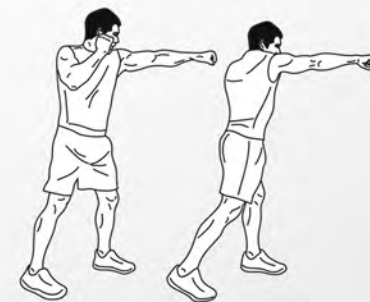
**20** punches



**20** high knees



**4** jumping lunges



**20** punches