

CARDIO DRILL

DAREBEE WORKOUT @ darebee.com

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

20 high knees
4 knee-to-elbow
20 high knees
4 knee-to-elbow



20 high knees
2 side-to-side jumps
20 high knees
2 side-to-side jumps



20 high knees
4 side leg raises
20 high knees
4 side leg raises

