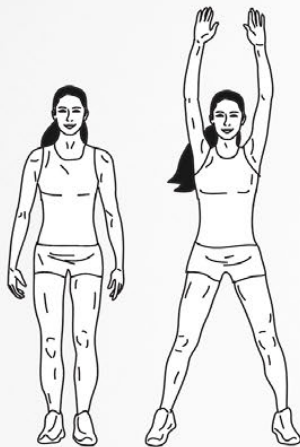


# CARDIO FUSION

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

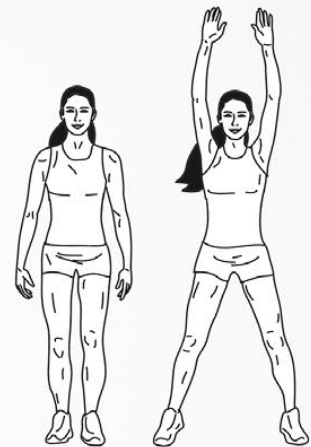
REST up to 2 minutes



**15** jumping jacks



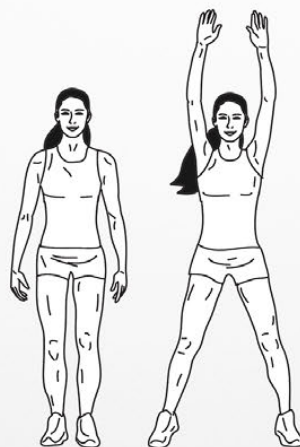
**10** side-to-side lunges



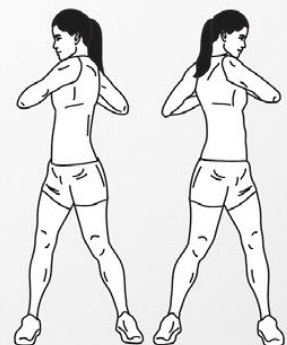
**15** jumping jacks



**10** raised arm circles



**15** jumping jacks



**10** twists