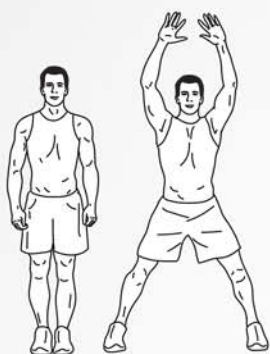


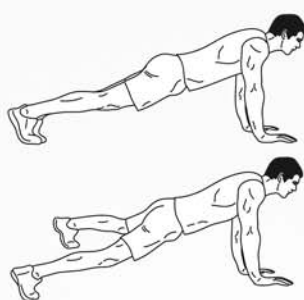
# Cardio High

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

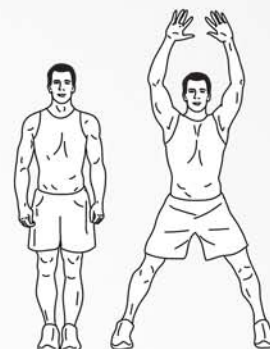
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



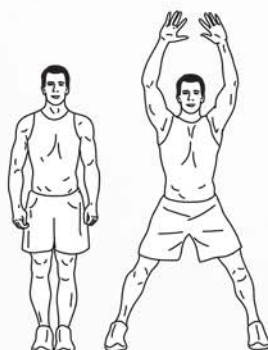
20 plank jacks



20 jumping jacks



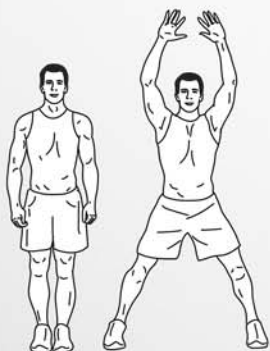
20 split jacks



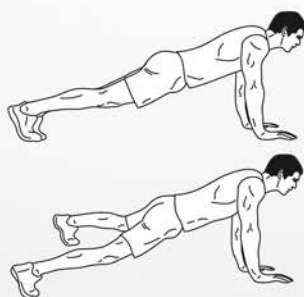
20 jumping jacks



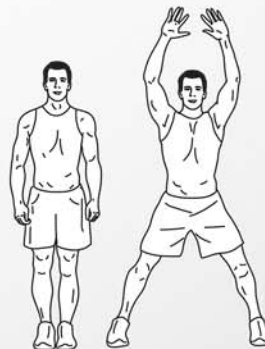
20 split jacks



20 jumping jacks



20 plank jacks



20 jumping jacks