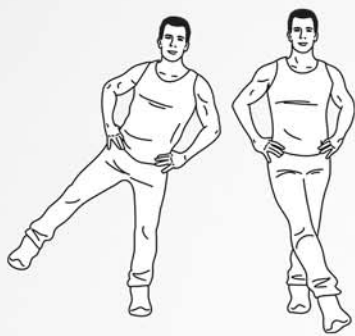


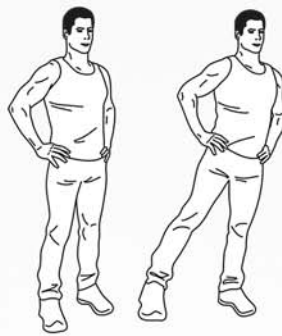
# Cardio Party

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

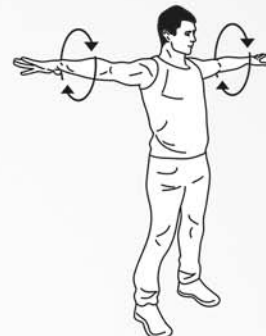
repeat 3 times with 2 minutes rest in between



**10** cross leg raises



**10** side leg raises



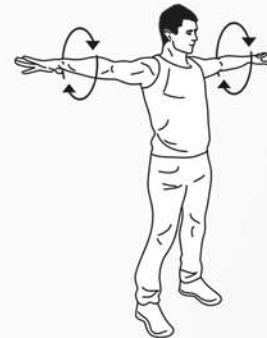
**10** raised arm circles



**10** low front kicks



**10** step back + knee up



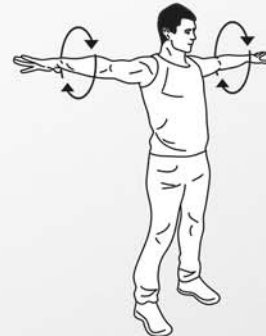
**10** raised arm circles



**10** march steps



**10** side step jacks



**10** raised arm circles