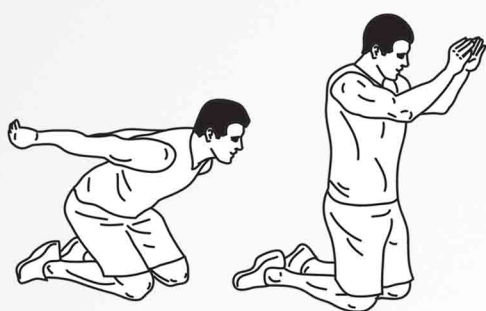


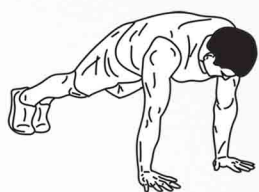
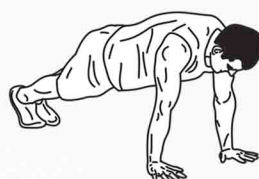
# Cardio **Rock**

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

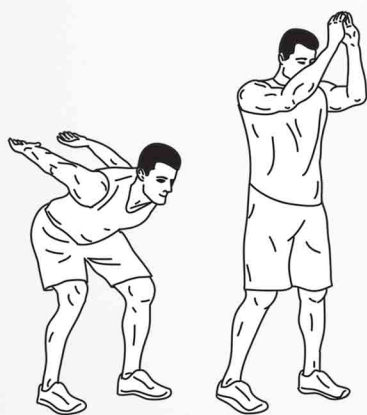
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



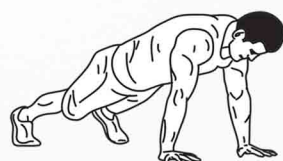
20 kneeling skiers



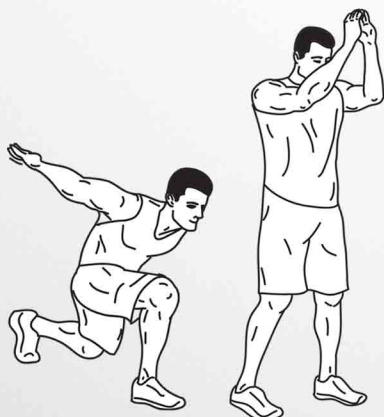
10 plank with lateral thrusts



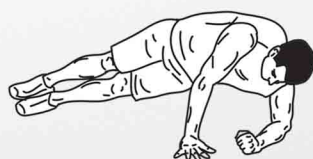
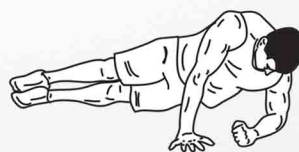
20 half squat skiers



10 wide leg plank with lateral thrusts



20 reverse lunge skiers



10 side plank thrusts