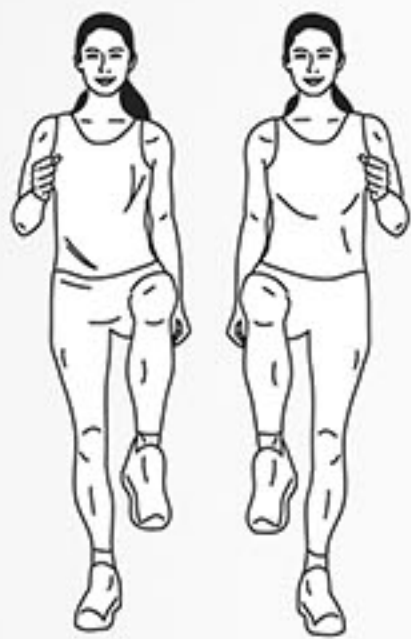


CARDIO SCULPT

DAREBEE WORKOUT
@ darebee.com

repeat 5 times
with 2 minutes rest
in between



20 march steps



10 double punch step



20 march steps



10 twists



20 march steps



10 knee-to-elbows