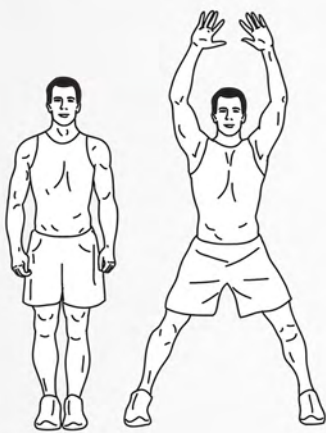


# CARDIO SHOCK

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

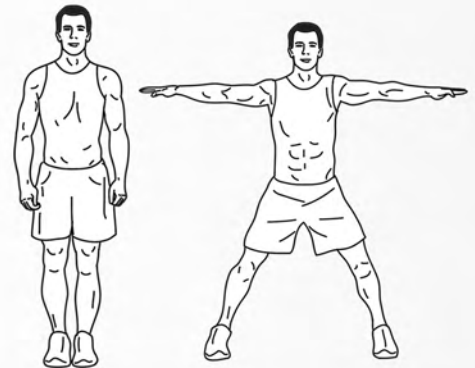
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** jumping jacks



**2** jump knee-tucks



**20** jumping Ts



**2** jump knee-tucks



**20** seal jacks



**2** jump knee-tucks