

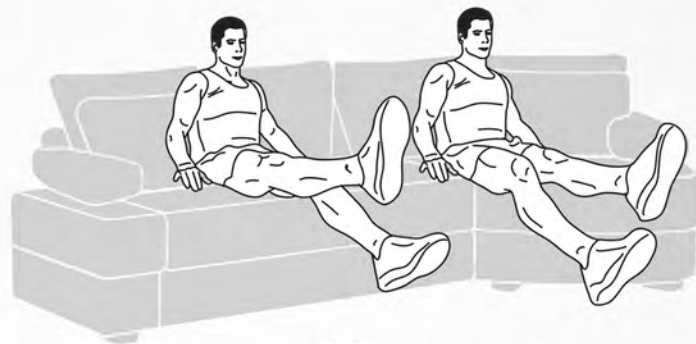
# cardio sofa

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

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



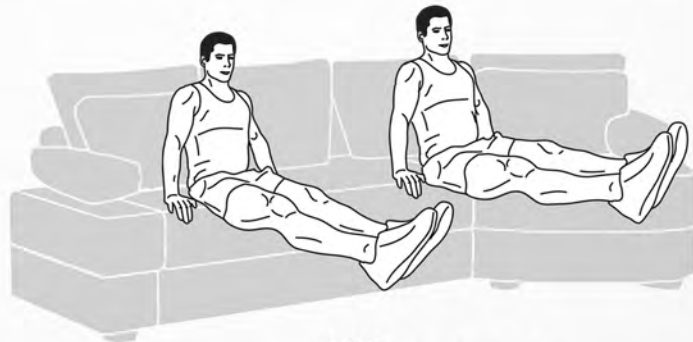
**40** high knees



**20** flutter kicks



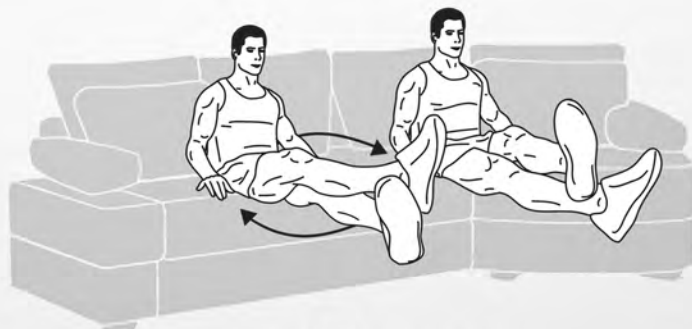
**40** high knees



**20** leg raises



**40** high knees



**20** scissors