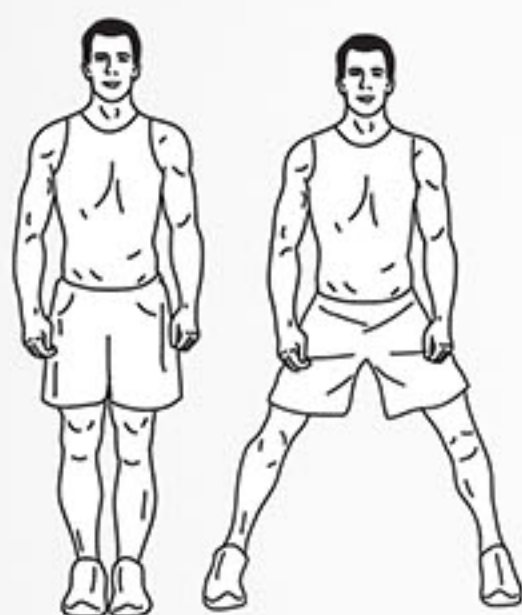


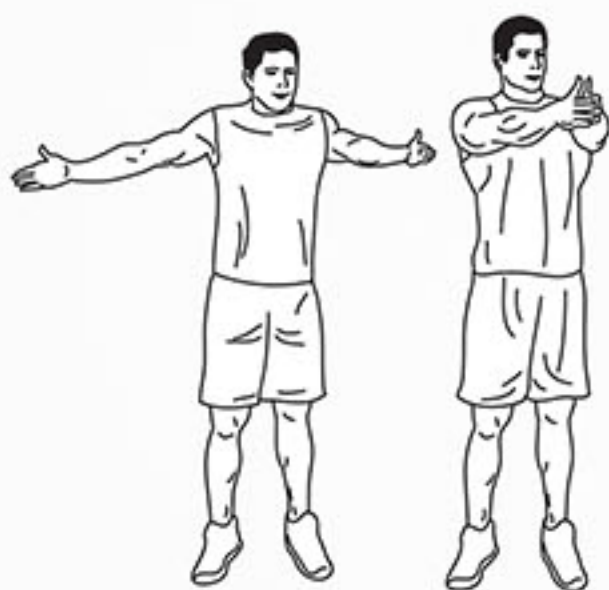
cardio warmup

BY DAREBEE @ darebee.com

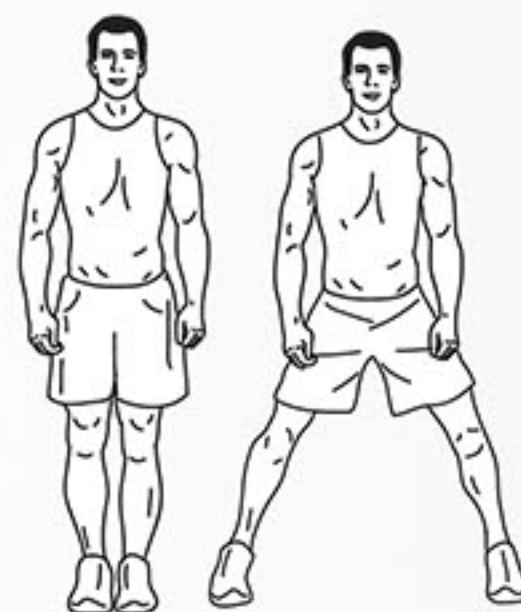
Repeat each exercise for 20 seconds.



half jacks



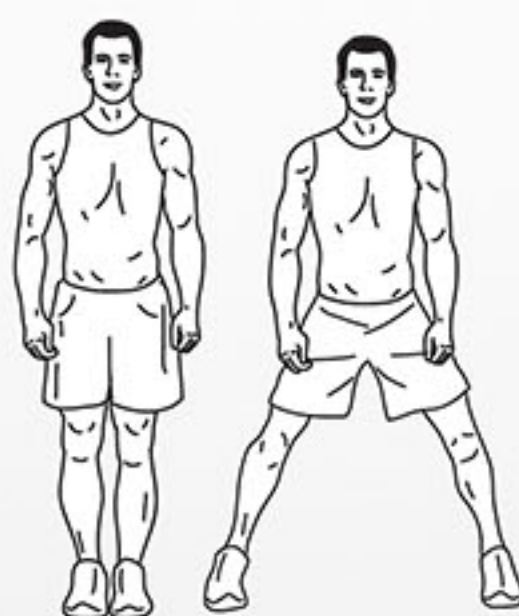
chest expansions



half jacks



arm rotations



half jacks



torso rotations