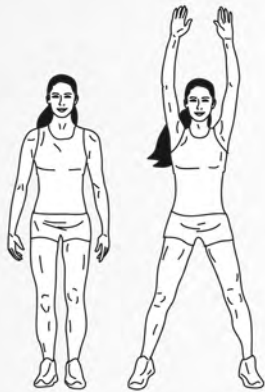


# intense cardio

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

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



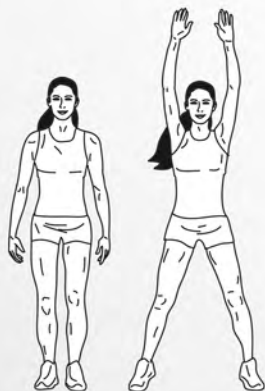
10 jumping jacks



10 pacer steps



10 hop heel clicks



10 jumping jacks



10 butt kicks



40 high knees

*SPEED UP* ↗  
*IN THE LAST 20 REPS,*  
*GO FLAT OUT!*