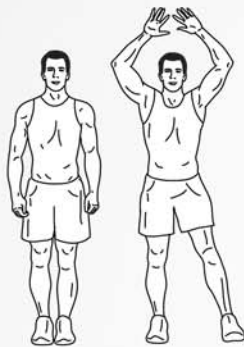


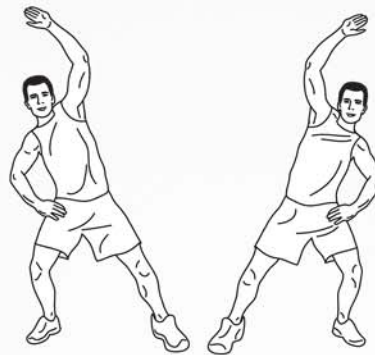
# no-sweat cardio

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

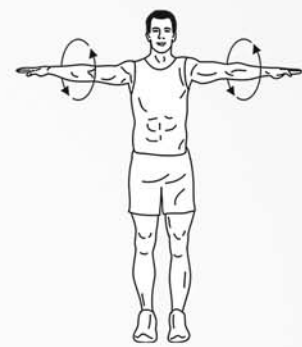
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



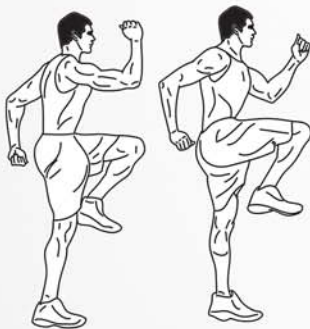
10 step jacks



10 side step jacks



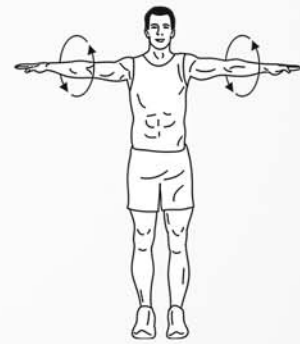
10 raised arm circles



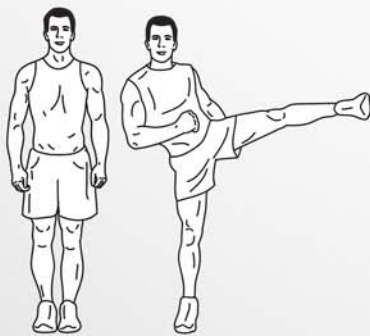
10 march steps



10 step back + knee up



10 raised arm circles



10 side-to-side leg raises



10 side leg swings



10 raised arm circles