

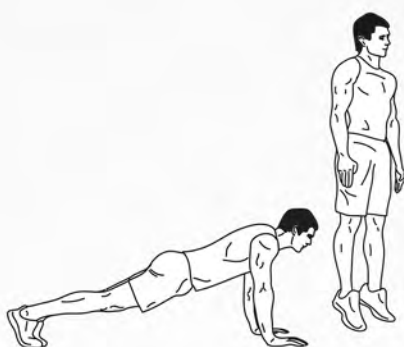
THE SCORCHER

DAREBEE CARDIO WORKOUT @ darebee.com

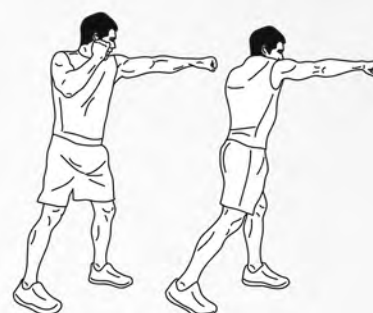
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



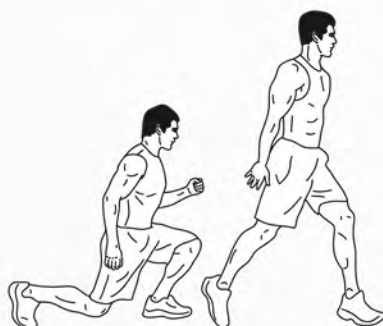
10 basic burpee w/ jump



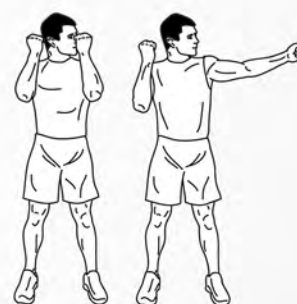
20 punches



20 high knees



10 jumping lunges



20 backfists



20 high knees



10 jump squats



20 overhead punches