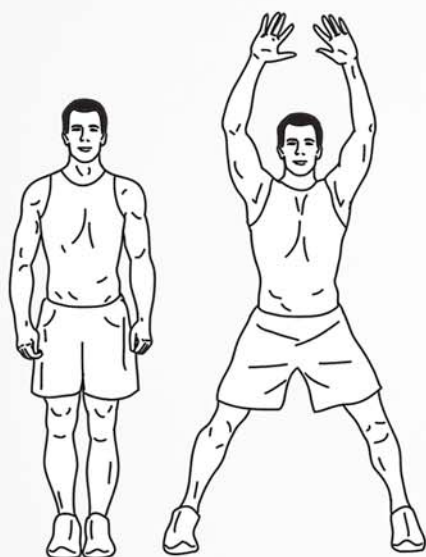


time-crunch **CARDIO**



DAREBEE WORKOUT

@ darebee.com

5 sets | 2 minutes rest

4 jumping jacks

10 high knees

4 jumping jacks

10 high knees

4 jumping jacks

10 high knees

4 jumping jacks

10 high knees

4 jumping jacks

10 high knees

done