

WILD FIVE

DAREBEE CARDIO WORKOUT

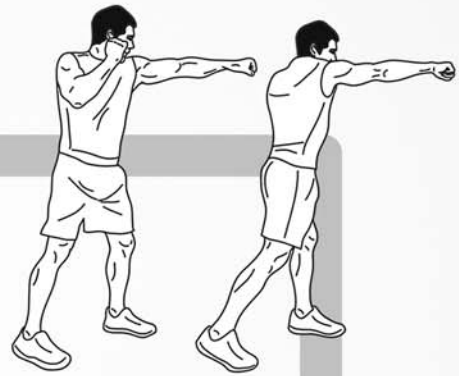
© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

2 minutes rest between sets



REST

1 minute high knees

1 minute punches

1 minute high knees

1 minute sit-ups

1 minute high knees

