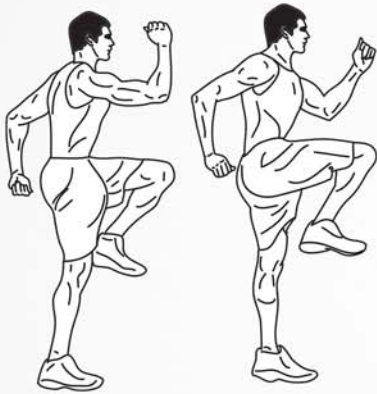
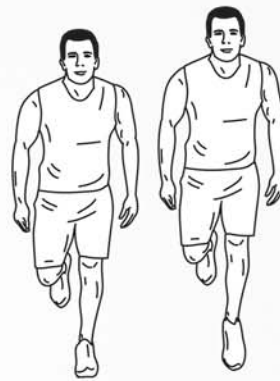


# anywhere cardio

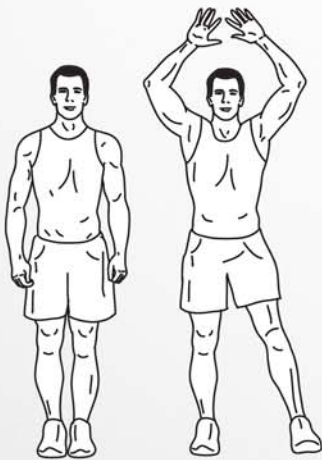
DAREBEE WORKOUT © [darebee.com](http://darebee.com)



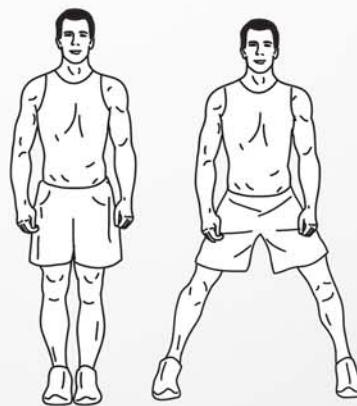
**40** march steps x **4 sets** in total  
20 seconds rest in between sets



**40** hops on the spot x **2 sets** in total  
no rest between sets 1 set per leg



**40** side jacks x **4 sets** in total  
20 seconds rest in between sets



**40** half jacks x **4 sets** in total  
20 seconds rest in between sets