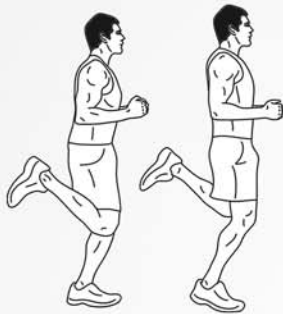


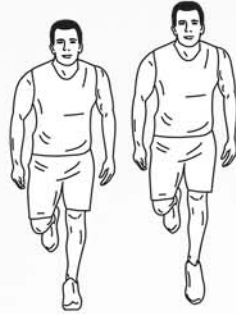
# CARDIO & COORDINATION

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

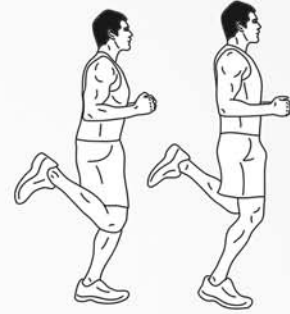
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



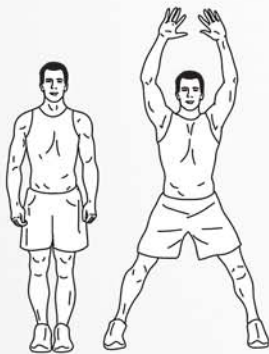
**20** butt kicks



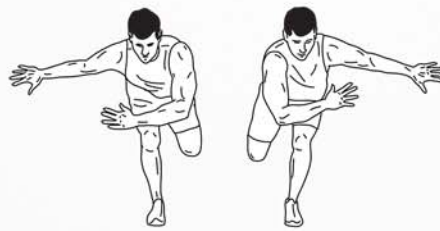
**6** single leg hops



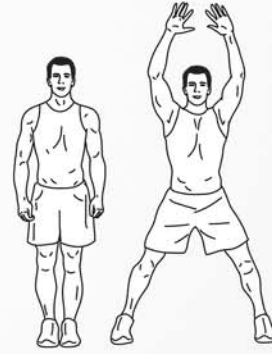
**20** butt kicks



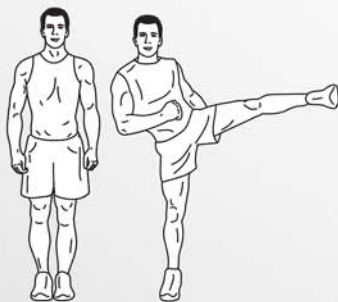
**20** jumping jacks



**6** side-to-side jumps



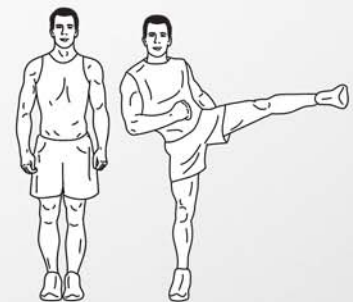
**20** jumping jacks



**20** side leg raises



**6** knee-to-elbows



**20** side leg raises