

CARDIO COMBAT

DAREBEE WORKOUT
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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



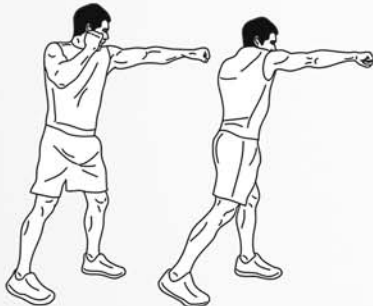
20 high knees



10 march twists



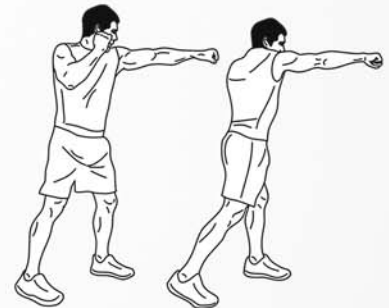
20 high knees



20 punches



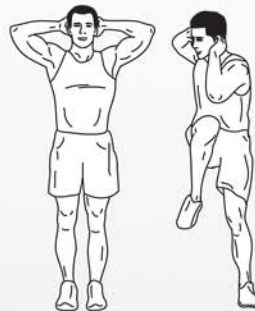
10 overhead punches



20 punches



20 high knees



10 knee-to-elbow
one side first, then the other side



20 high knees