

CARDIO DEMON

DAREBEE WORKOUT
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LEVEL I 3 sets

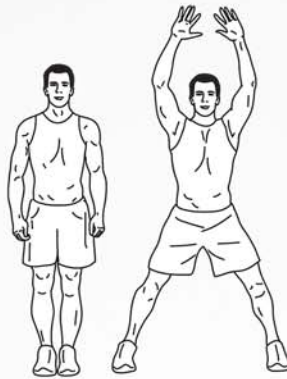
LEVEL II 5 sets

LEVEL III 7 sets

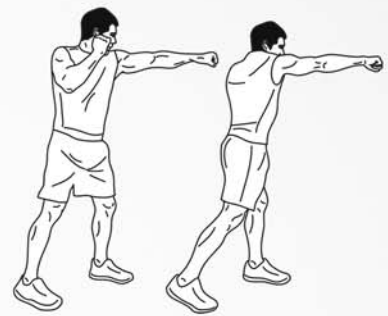
REST up to 2 minutes



20 high knees



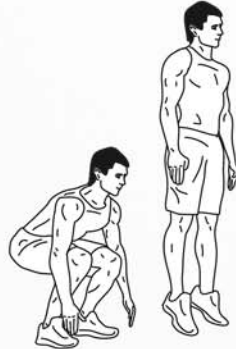
20 jumping jacks



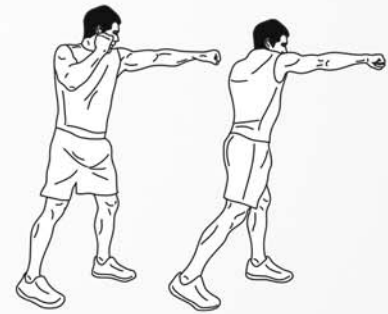
20 punches



20 high knees



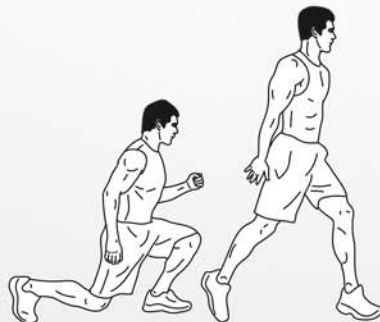
20 jump squats



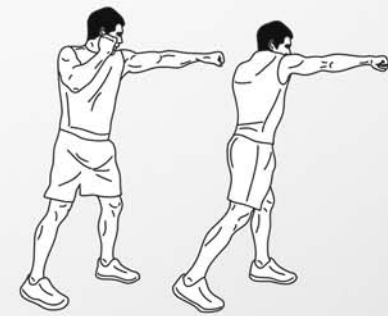
20 punches



20 high knees



20 jumping lunges



20 punches