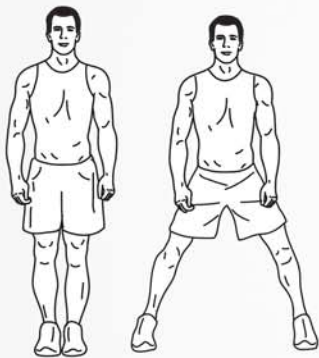


BITESIZE CARDIO

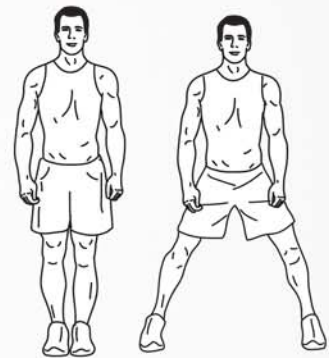
DAREBEE WORKOUT @ darebee.com



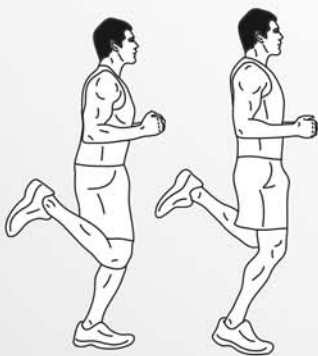
20 half jacks



2 squats



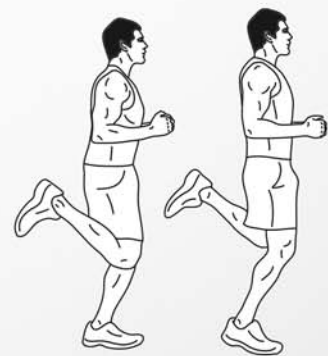
20 half jacks



20 butt kicks



2 squats



20 butt kicks