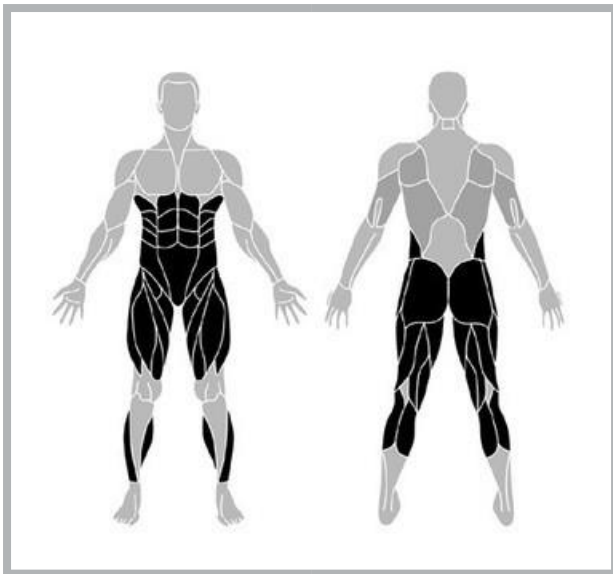


At the core of every great athletic performance lies a strong core (pun unintended) and great cardiovascular conditioning. While aerobic performance determines just how much oxygen in each breath you take is really absorbed by the lungs and transferred into the bloodstream to be taken to the organs that need it, cardiovascular fitness is the ability of the heart and lungs to get all the blood circulating quickly enough through the body to supply oxygen to the organs and tissues that need it most. The Cardio & Core workout puts your body through its paces testing your core and challenging your cardiovascular fitness. All you have to do now is supply the great athletic performance.

**Focus: High Burn**

# Cardio & Core

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** high knees



**10** climbers



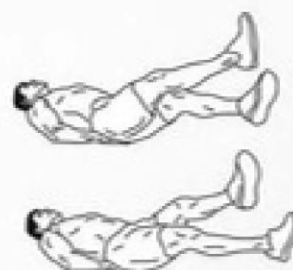
**2** climber taps



**20** high knees



**10** flutter kicks



**2** scissors



**20** high knees



**10** leg raises



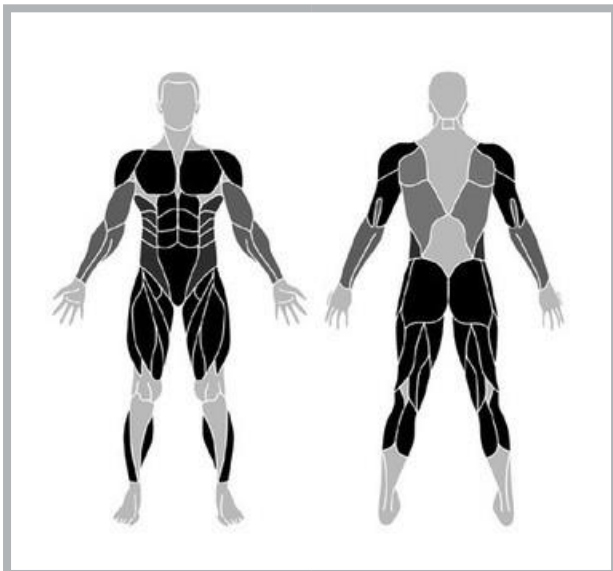
**2** raised leg circles

# 16

## Chisel

Getting that chiseled physique requires patience, perseverance and the ability to put in the time one day after another. Chisel, of course, is the workout that'll help you do all this. A combination of aerobic and strength exercises it works all the major muscle groups so that your body keeps on changing the way you want it to.

### Focus: High Burn



# CHISEL

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 high knees



10 squats



2 jump squats



20 high knees



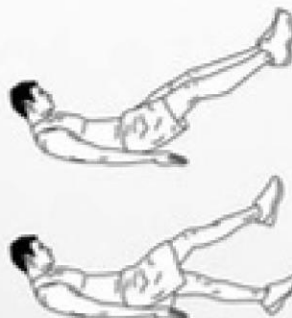
10 shoulder taps



2 push-ups



20 high knees



10 flutter kicks



2 leg raises