

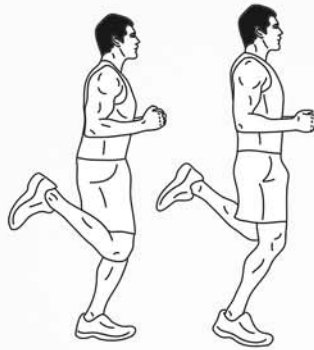
# 2-minute **cardio**

DAREBEE WORKOUT © [darebee.com](https://darebee.com)

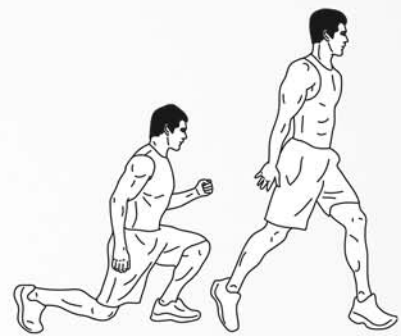
20 seconds each exercise | no rest between exercises



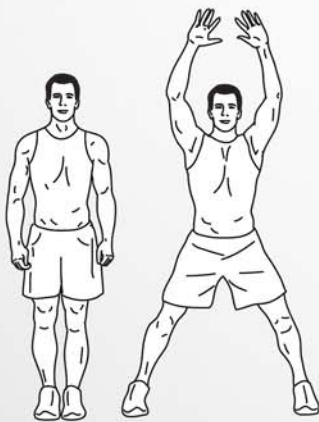
1. high knees



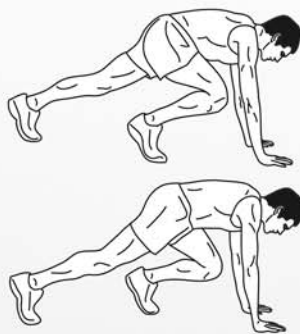
2. butt kicks



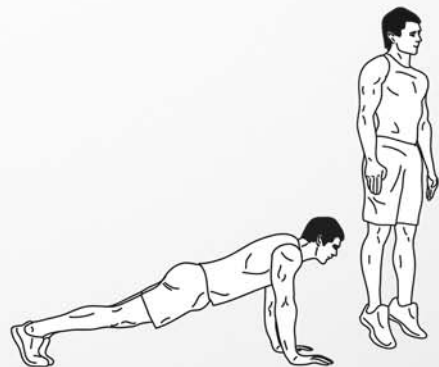
3. jumping lunges



4. jumping jacks



5. climbers



6. basic burpees