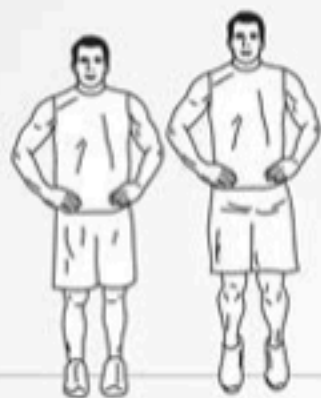


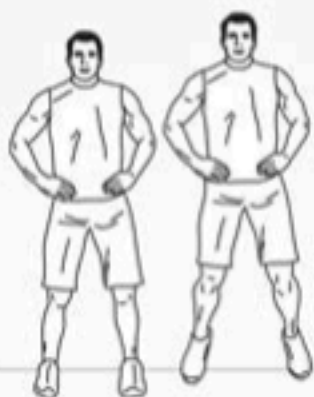
# cardio Hop Workout

Repeat 3 times | up to 2min rest between sets

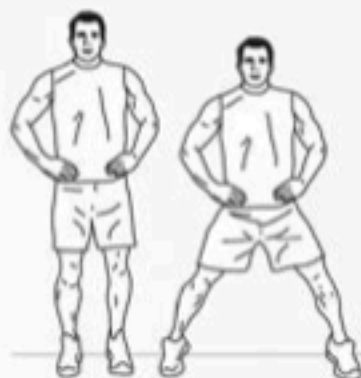
DAREBEE WORKOUT © darebee.com



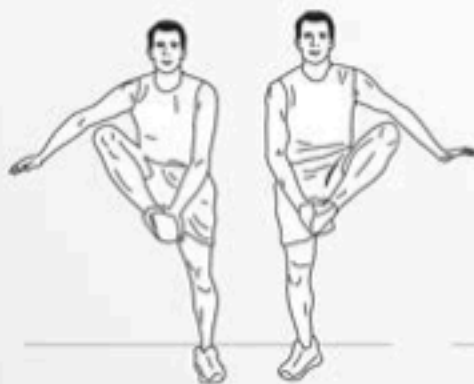
**10** hop on the spot



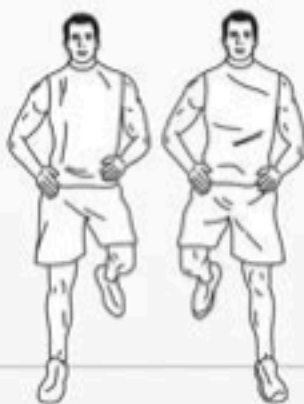
**10** wide leg hops



**10** half jack hops



**10** toe tap hops



**10** side-to-side  
single leg jumps



**10** side-to-side hops