

CARDIO EXERCISES

Burpee: <http://darebee.com/exercises/burpees-exercise.html>

Burpee with Pushup: <http://darebee.com/exercises/burpees-with-push-up.html>

Climbers: <http://darebee.com/exercises/climbers-exercise.html>

Climbers Taps: <http://darebee.com/exercises/climber-taps-exercise.html>

Fly Steps: <http://darebee.com/exercises/fly-steps.html>

Flow Steps: <http://darebee.com/exercises/flow-steps.html>

Get ups: <http://darebee.com/exercises/get-ups.html>

Half Jack: <http://darebee.com/exercises/half-jacks.html>

Split Jacks: <http://darebee.com/exercises/split-jacks.html>

Sprinter Lunges: <http://darebee.com/exercises/sprinter-lunges.html>

Squat + Jumping Jack: <http://darebee.com/exercises/squat-jumping-jack.html>

Squat Cross Steps: <http://darebee.com/exercises/squat-cross-steps.html>

Squat Step Ups: <http://darebee.com/exercises/squat-step-ups.html>

Straight Leg Bounds: <http://darebee.com/exercises/straight-leg-bounds.html>

Hop Heel Clicks: <http://darebee.com/exercises/hop-heel-clicks.html>

March Jacks: <http://darebee.com/exercises/march-jacks.html>

Plank into Lunge: <http://darebee.com/exercises/plank-into-lunge.html>

Plank Jacks: <http://darebee.com/exercises/plank-jacks.html>

PUSH UP VARIATIONS

Push up: <http://darebee.com/exercises/push-ups.html>

Push up Accordion: <http://darebee.com/exercises/accordion-push-ups.html>

Push up Close Grip: <http://darebee.com/exercises/close-grip-push-ups.html>

Push up Diver: <http://darebee.com/exercises/push-ups-diver.html>

Push up Dragon: <http://darebee.com/exercises/dragon-pushups.html>

Push up Raised Leg: <http://darebee.com/exercises/raised-leg-push-ups.html>

Push up Stacked: <http://darebee.com/exercises/stacked-push-ups.html>

Push up Staggered: <http://darebee.com/exercises/staggered-push-ups.html>

Push up Wide Grip: <http://darebee.com/exercises/wide-grip-push-ups.html>