

THE EXTRA MILE

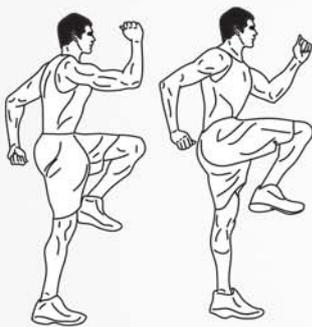
DAREBEE WORKOUT
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

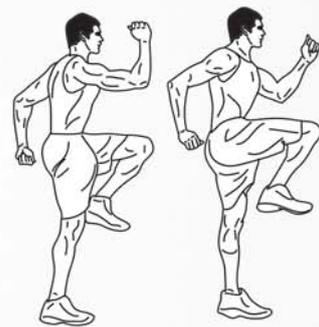
2 minutes rest



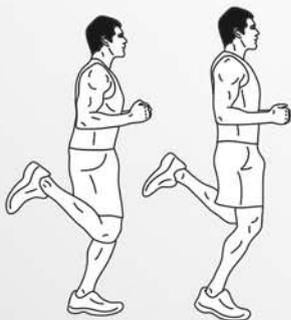
20 march steps



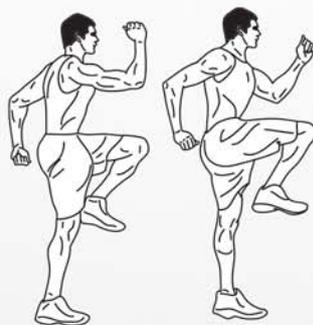
10 calf raises



20 march steps



20 butt kicks



20 march steps



20 high knees