

60 days of  
**WALKING**

**DAREBEE**

# 60 days of **WALKING**

[darebee.com](http://darebee.com)



**DAY 1**

**60 minutes**  
walking non-stop

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## DAY 2 / PART 1

**45 minutes**  
walking non-stop

## DAY 2 / PART 2

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** bicep extensions



**20** arm circles



**2 minutes**  
march steps or walking

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## DAY 3 / PART 1

**45 minutes**  
walking non-stop

## DAY 3 / PART 2

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** squats



**10-count** hold



**2 minutes**  
march steps or walking

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**DAY 4**

**60 minutes**  
walking non-stop

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## DAY 5 / PART 1

**45 minutes**  
walking non-stop

## DAY 5 / PART 2

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** knee-to-elbows



**20** calf raises



**2 minutes**  
march steps or walking

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**DAY 6**

**60 minutes**  
walking non-stop

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**DAY 7**

**90 minutes**  
walking non-stop



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**DAY 8**

**60 minutes**  
walking non-stop

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## DAY 9 / PART 1

**45 minutes**  
walking non-stop

## DAY 9 / PART 2

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** punches



**20** overhead punches



**2 minutes**  
march steps or walking

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**DAY 10 / PART 1**

**45 minutes**  
walking non-stop

**DAY 10 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** lunges



**20** side-to-side lunges



**2 minutes**  
march steps or walking

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**DAY 11**

**60 minutes**  
walking non-stop

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**DAY 12 / PART 1**

**45 minutes**  
walking non-stop

**DAY 12 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** knee-to-elbows



**20** side leg raises



**2 minutes**  
march steps or walking

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**DAY 13**

**60 minutes**  
walking non-stop

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**DAY 14**

**90 minutes**  
walking non-stop

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**DAY 15**

**60 minutes**  
walking non-stop



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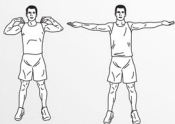


**DAY 16 / PART 1**

**45 minutes**  
walking non-stop

**DAY 16 / PART 2**

**Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest**



**20** side shoulder taps



**20** shoulder taps



**2 minutes**  
march steps or walking

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**DAY 17 / PART 1**

**45 minutes**  
walking non-stop

**DAY 17 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** squats



**20** calf raises



**2 minutes**  
march steps or walking

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**DAY 18**

**60 minutes**  
walking non-stop

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**DAY 19 / PART 1**

**45 minutes**  
walking non-stop

**DAY 19 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** knee-to-elbows



**20** back leg raises



**2 minutes**  
march steps or walking

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**DAY 20**

**60 minutes**  
walking non-stop

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**DAY 21**

**90 minutes**  
walking non-stop

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**DAY 22**

**60 minutes**  
walking non-stop

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**DAY 23 / PART 1**

**45 minutes**  
walking non-stop

**DAY 23 / PART 2**

**Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest**



**20 punches**



**20 overhead punches**



**2 minutes**  
march steps or walking



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**DAY 24 / PART 1**

**45 minutes**  
walking non-stop

**DAY 24 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** reverse lunges



**20** side-to-side lunges



**2 minutes**  
march steps or walking

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**DAY 25**

**60 minutes**  
walking non-stop

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DAY 26 / PART 1

**45 minutes**  
walking non-stop

DAY 26 / PART 2

Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest



**20** knee-to-elbows



**20** side bends



**2 minutes**  
march steps or walking

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**DAY 27**

**60 minutes**  
walking non-stop

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**DAY 28**

**90 minutes**  
walking non-stop

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**DAY 29**

**60 minutes**  
walking non-stop

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**DAY 30 / PART 1**

**45 minutes**  
walking non-stop

**DAY 30 / PART 2**

**Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest**



**20** scissor chops



**20** arm scissors



**2 minutes**  
march steps or walking

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**DAY 31 / PART 1**

**45 minutes**  
walking non-stop

**DAY 31 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** squats



**20-count** hold



**2 minutes**  
march steps or walking



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**DAY 32**

**60 minutes**  
walking non-stop

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**DAY 33 / PART 1**

**45 minutes**  
walking non-stop

**DAY 33 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**30** knee-to-elbows



**30** side leg raises



**2 minutes**  
march steps or walking

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**DAY 34**

**60 minutes**  
walking non-stop

60 days of  
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**DAY 35**

**90 minutes**  
walking non-stop

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**DAY 36**

**60 minutes**  
walking non-stop

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**DAY 37 / PART 1**

**45 minutes**  
walking non-stop

**DAY 37 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** punches



**20** overhead punches



**2 minutes**  
march steps or walking

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**DAY 38 / PART 1**

**45 minutes**  
walking non-stop

**DAY 38 / PART 2**

**Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest**



**20** lunges



**20** calf raises



**2 minutes**  
march steps or walking

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**DAY 39**

**60 minutes**  
walking non-stop



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DAY 40 / PART 1

**45 minutes**  
walking non-stop

DAY 40 / PART 2

Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest



**30** knee-to-elbows



**30** back leg raises



**2 minutes**  
march steps or walking

60 days of  
**WALKING**

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**DAY 41**

**60 minutes**  
walking non-stop

60 days of  
**WALKING**

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**DAY 42**

**90 minutes**  
walking non-stop

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**DAY 43**

**60 minutes**  
walking non-stop

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**DAY 44 / PART 1**

**45 minutes**  
walking non-stop

**DAY 44 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** chest expansions



**20** alt chest expansions



**2 minutes**  
march steps or walking

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DAY 45 / PART 1

**45 minutes**  
walking non-stop

DAY 45 / PART 2

Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest



**20** lunge step-ups



**20** side-to-side lunges



**2 minutes**  
march steps or walking

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**DAY 46**

**60 minutes**  
walking non-stop

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**DAY 47 / PART 1**

**45 minutes**  
walking non-stop

**DAY 47 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**30** knee-to-elbows



**30** side bends



**2 minutes**  
march steps or walking



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**DAY 48**

**60 minutes**  
walking non-stop

60 days of  
**WALKING**

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**DAY 49**

**90 minutes**  
walking non-stop

60 days of  
**WALKING**

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**DAY 50**

**60 minutes**  
walking non-stop

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**DAY 51 / PART 1**

**45 minutes**  
walking non-stop

**DAY 51 / PART 2**

**Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest**



**20** punches



**20** overhead punches



**2 minutes**  
march steps or walking

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DAY 52 / PART 1

**45 minutes**  
walking non-stop

DAY 52 / PART 2

Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest



**20** squats



**20-count** hold



**2 minutes**  
march steps or walking

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**DAY 53**

**60 minutes**  
walking non-stop

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**DAY 54 / PART 1**

**45 minutes**  
walking non-stop

**DAY 54 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**30** knee-to-elbows



**30** calf raises



**2 minutes**  
march steps or walking

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**DAY 55**

**60 minutes**  
walking non-stop



60 days of  
**WALKING**

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**DAY 56**

**90 minutes**  
walking non-stop

60 days of  
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**DAY 57**

**60 minutes**  
walking non-stop

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**DAY 58 / PART 1**

**45 minutes**  
walking non-stop

**DAY 58 / PART 2**

**Level I 3 sets    Level II 5 sets    Level III 7 sets    no rest**



**20** W-extensions



**20** elbow clicks



**2 minutes**  
march steps or walking

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**DAY 59 / PART 1**

**45 minutes**  
walking non-stop

**DAY 59 / PART 2**

**Level I** 3 sets   **Level II** 5 sets   **Level III** 7 sets   no rest



**20** squats

**20-count** hold

**20-count** hold

**2 minutes**

march steps or walking

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**DAY 60**

**60 minutes**  
walking non-stop