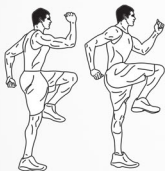


30-MINUTE WALK

WORKOUT by DAREBEE © darebee.com

Repeat 5 times in total



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks

60sec rest