

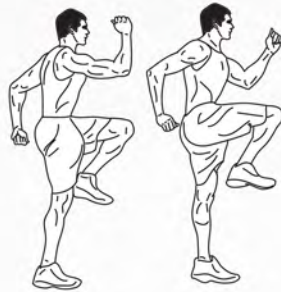
bolt

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



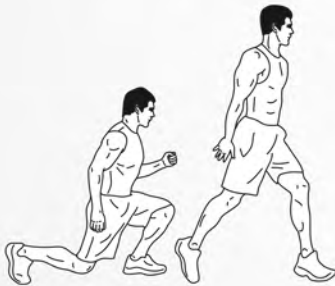
2 squats



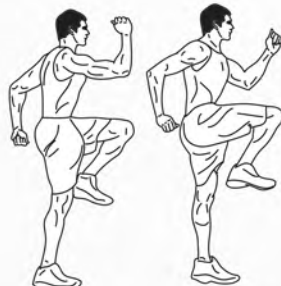
10 march steps



20 high knees



2 jumping lunges



10 march steps



20 high knees



2 calf raises



10 march steps



20 high knees