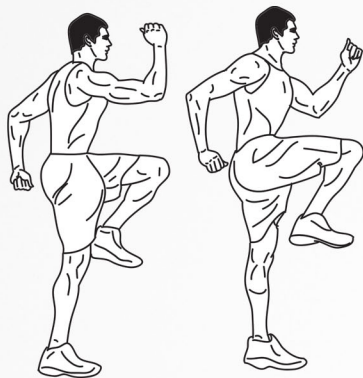


# Cardio & Tone

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

3 sets | 2 minutes rest between sets

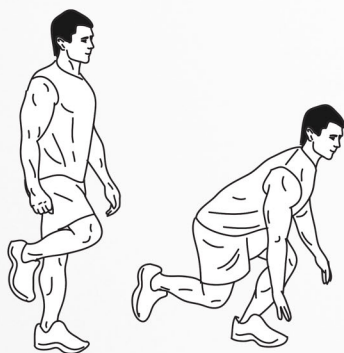


**20** march steps

**one** single leg squat (right)

**20** march steps

**one** single leg squat (left)

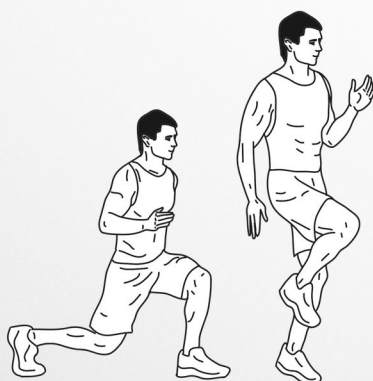


**20** march steps

**10** step back & knee up (right)

**20** march steps

**10** step back & knee up (left)



**20** march steps

**one** single leg squat (right)

**20** march steps

**one** single leg squat (left)