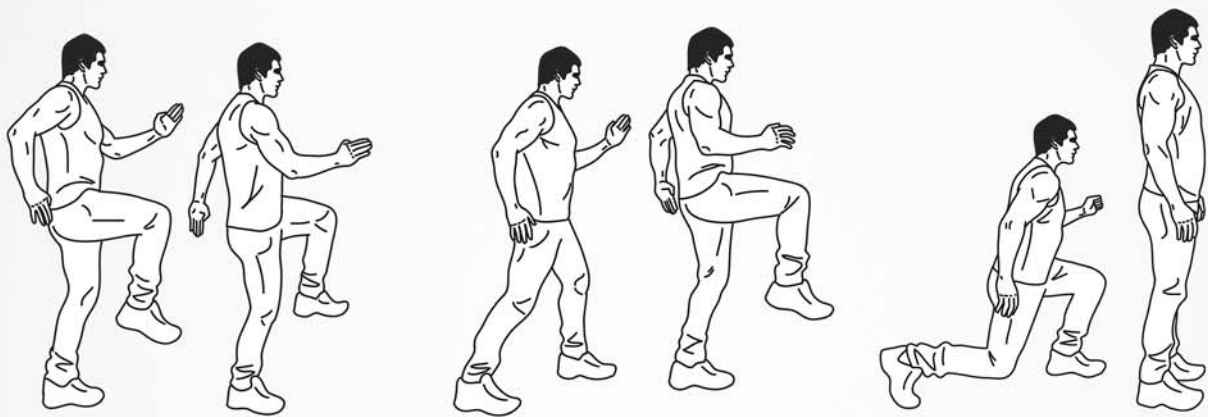


Cardio: Check!

DAREBEE WORKOUT © darebee.com

repeat 3 times with 2 minutes rest in between



20 march steps

4 step back + step up

4 reverse lunges

20 march steps

4 step back + step up

4 reverse lunges

20 march steps

4 step back + step up

4 reverse lunges

done