

Cardio Grind

DAREBEE WORKOUT @ darebee.com

repeat 3 times with 2 minutes rest in between



20 march steps



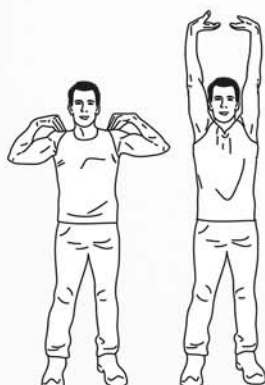
10 elbow clicks



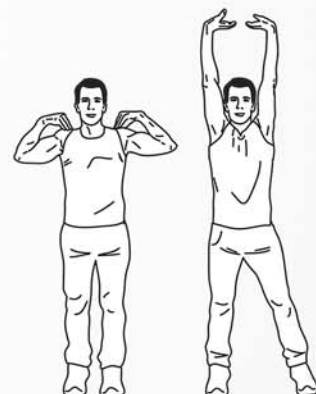
10 step elbow clicks



20 march steps



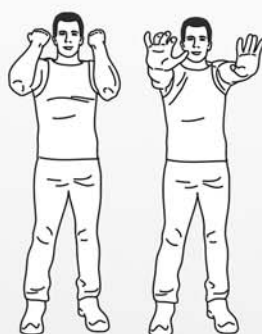
10 shoulder taps



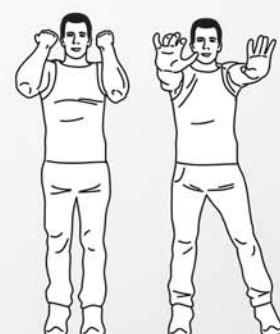
10 step shoulder taps



20 march steps



10 bicep extensions



10 step bicep extensions