

THE GRIND

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



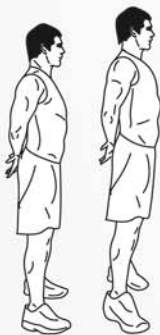
30sec march steps



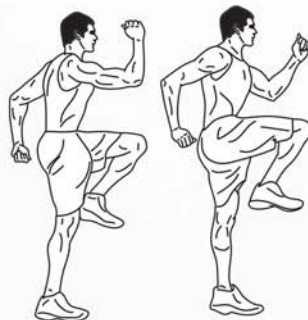
10sec squat hold



30sec march steps



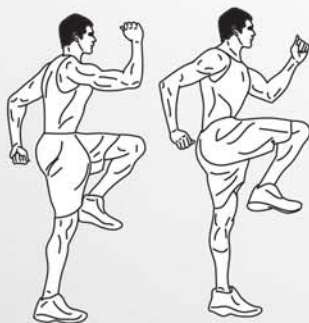
10sec calf raises



30sec march steps



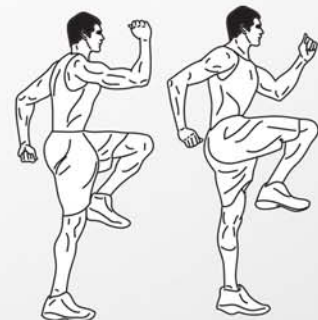
10sec calf raises



30sec march steps



10sec squat hold



30sec march steps