

GUT BUSTER

DAREBEE WORKOUT

@ darebee.com

5 sets | 2 minutes rest between sets



20 high knees

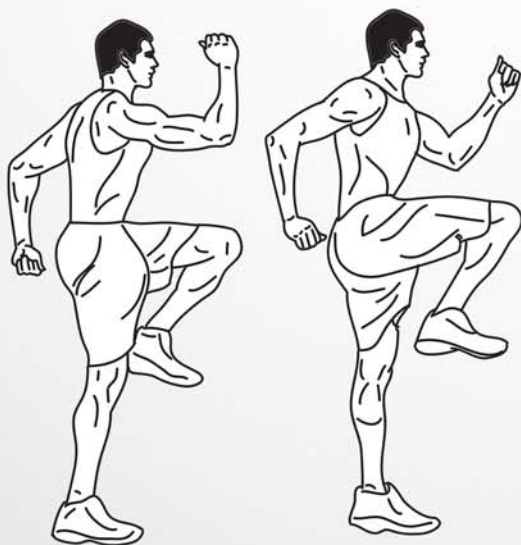
10 march steps (walk)

20 high knees

10 march steps (walk)

20 high knees

10 march steps (walk)



20 high knees

10 march steps (walk)

20 high knees

10 march steps (walk)

done