

HARBINGER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 march steps



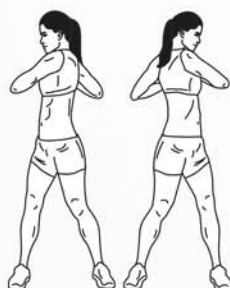
10 high knees



10 march steps



10 high knees



10 torso twists



10 high knees



10 march steps



10 high knees



10 march steps