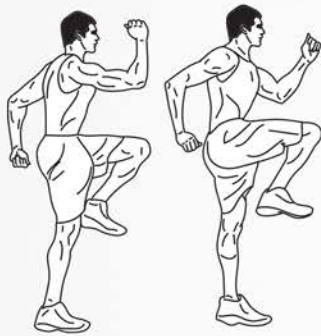


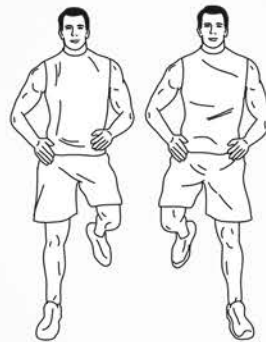
hiker

DAREBEE WORKOUT © darebee.com

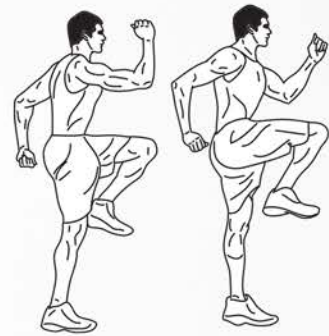
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 march steps



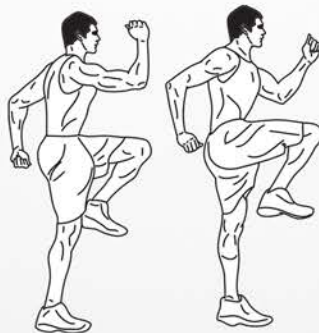
20 side-to-side steps



20 march steps



20-count balance hold



20 march steps



20-count balance hold