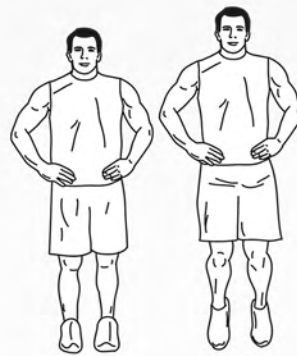


Precursor

DAREBEE PRE-WORKOUT @ darebee.com

Repeat once before a cardio or HIIT workout.



10 march steps

10 hops on the spot

10 march steps

10 hops on the spot

10 march steps

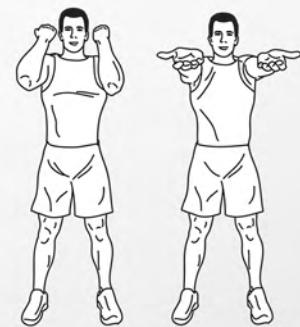
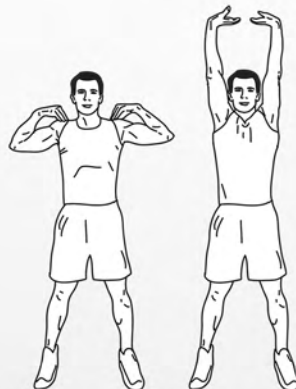
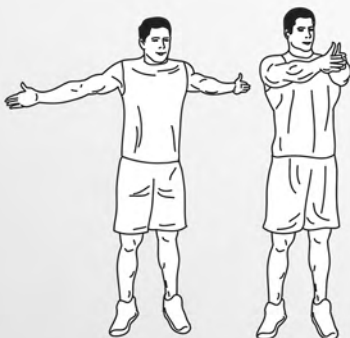
10 hops on the spot



20-count squat hold

20 torso rotations

20 raised arm circles



20 chest expansions

20 standing shoulder taps

20 bicep extensions