

The Rambler

DAREBEE **HIT** WORKOUT @ darebee.com

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



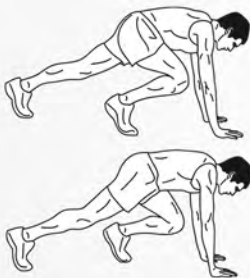
20sec march steps



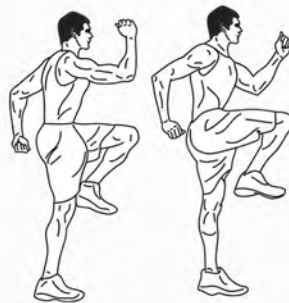
20sec high knees



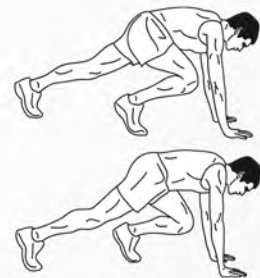
20sec march steps



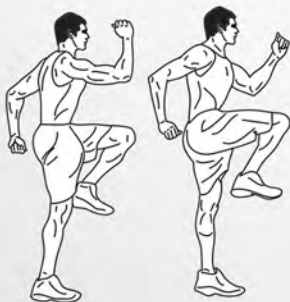
20sec climbers



20sec march steps



20sec climbers



20sec march steps



20sec high knees



20sec march steps