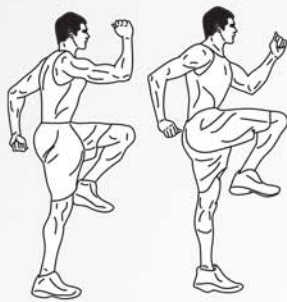


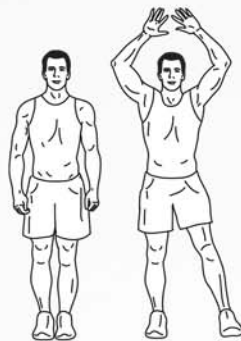
Roundabout

DAREBEE WORKOUT @ darebee.com

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



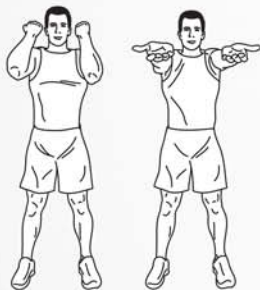
10 march steps



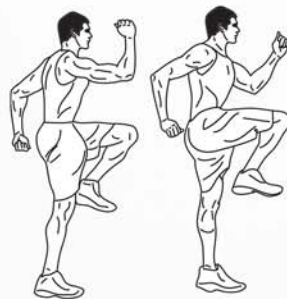
10 step jacks



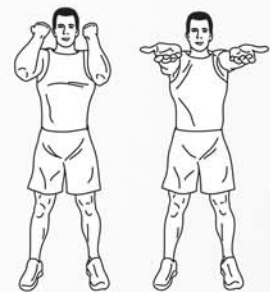
10 march steps



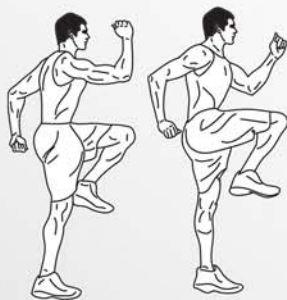
10 bicep extensions



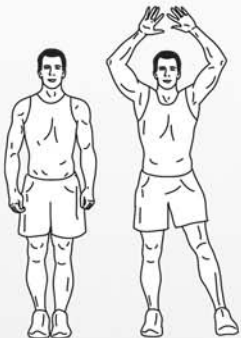
10 march steps



10 bicep extensions



10 march steps



10 step jacks



10 march steps