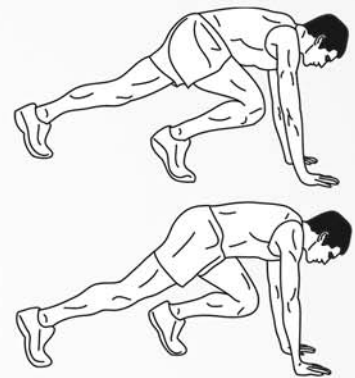
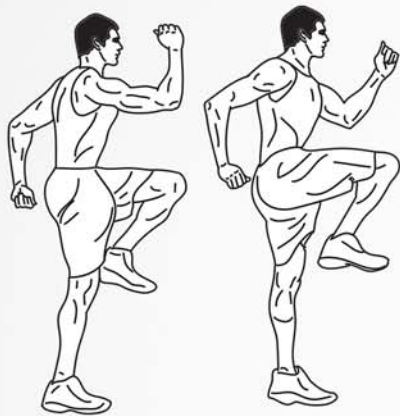


RUNDOWN

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



10 march steps

10 high knees

4 climbers

10 march steps

10 high knees

4 climbers

10 march steps

10 high knees

4 climbers

done