

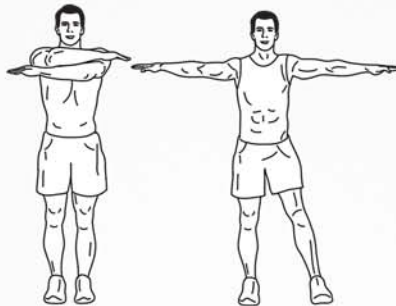
slow COOKER

DAREBEE WORKOUT @ darebee.com

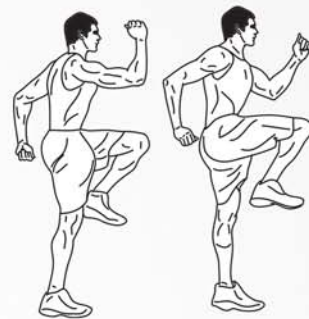
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



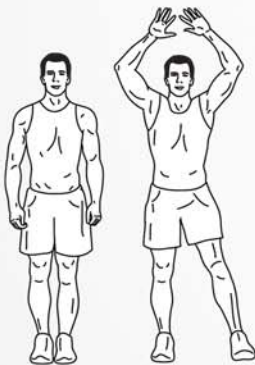
20 march steps



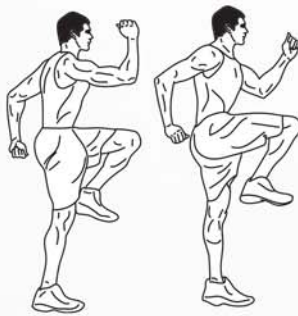
20 step chest expansions



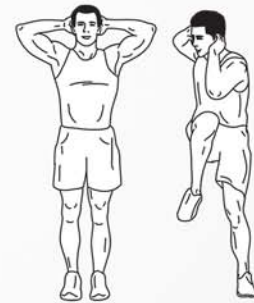
20 march steps



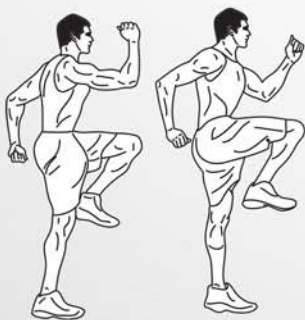
20 step jacks



20 march steps



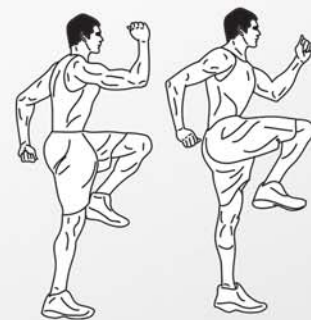
20 knee-to-elbows



20 march steps



20 calf raises



20 march steps