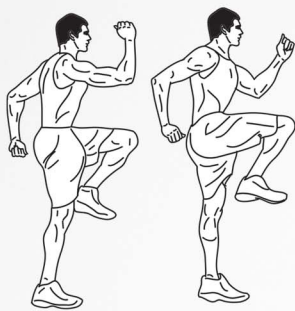


# WALK IT OFF

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

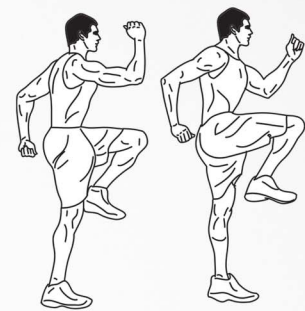
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



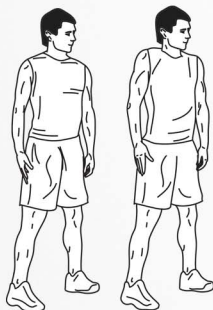
**10** march steps



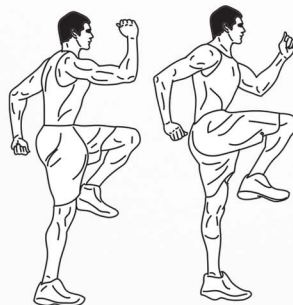
**10** hip rotations



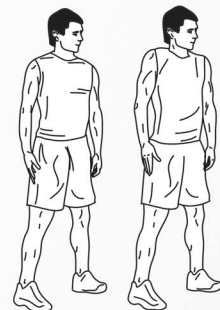
**10** march steps



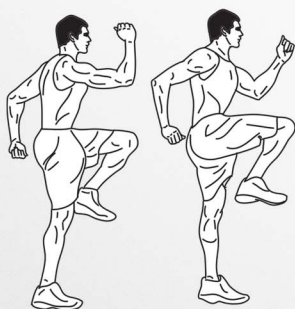
**10** shoulder shrugs



**10** march steps



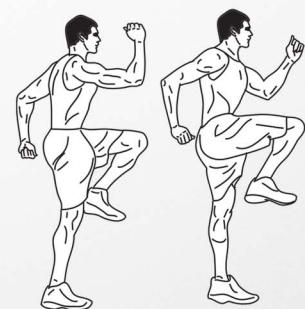
**10** shoulder shrugs



**10** march steps



**10** hip rotations



**10** march steps