

the WALK

DAREBEE WORKOUT © darebee.com



20sec walk on the spot

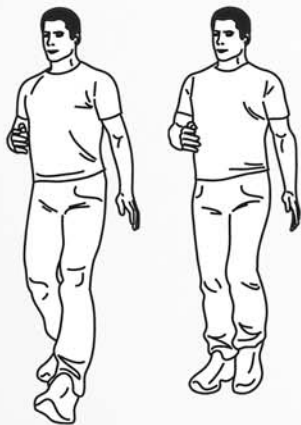
10sec heel to toe (left foot)

step to the right

20sec walk on the spot

10sec heel to toe (right foot)

step to the left



20sec walk on the spot

10sec heel to toe (left foot)

step to the right

20sec walk on the spot

10sec heel to toe (right foot)

step to the left



Done.