

Walk With Me

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



30sec march steps

30sec side leg raises / left leg

30sec march steps

30sec side leg raises / right leg



30sec march steps

30sec side leg raises / left leg

30sec march steps

30sec side leg raises / right leg