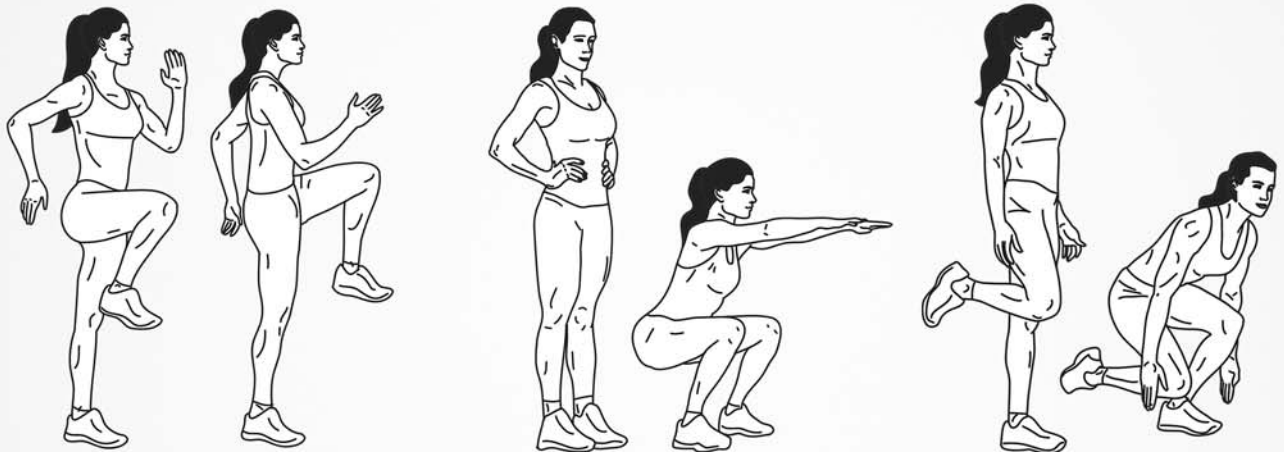


Squat & Co

DAREBEE WORKOUT @ darebee.com



10 march steps

10 squats

2 single leg squats (left leg)

10 march steps

10 squats

2 single leg squats (right leg)

done