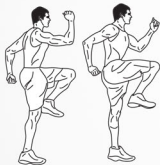


WALKING TO MORDOR

DAREBEE WORKOUT @ darebee.com

Repeat 5 times in total | up to 2 minutes rest between sets



30sec march steps

10sec squat hold

30sec march steps

10sec squat hold

30sec march steps

10sec squat hold

30sec march steps

10sec squat hold



30sec march steps

10sec squat hold

30sec march steps

10sec squat hold