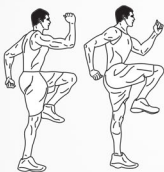


5-MINUTE WALK

WORKOUT by DAREBEE © darebee.com



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks



60sec march steps

15sec step jacks

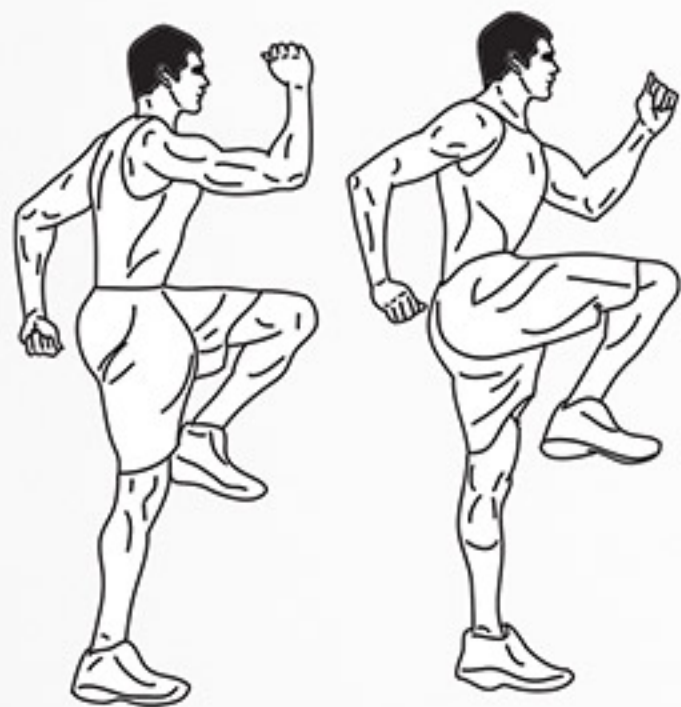
60sec march steps

15sec step jacks

30-MINUTE WALK

WORKOUT by DAREBEE @ darebee.com

Repeat 5 times in total

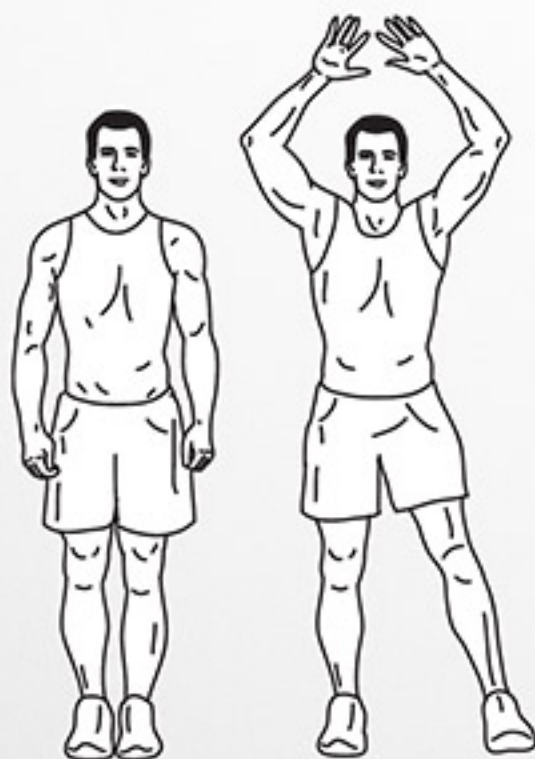


60sec march steps

15sec step jacks

60sec march steps

15sec step jacks



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks

60sec rest

hiker

DAREBEE WORKOUT @ darebee.com

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



20 march steps



20 side-to-side steps



20 march steps



20-count balance hold



20 march steps



20-count balance hold

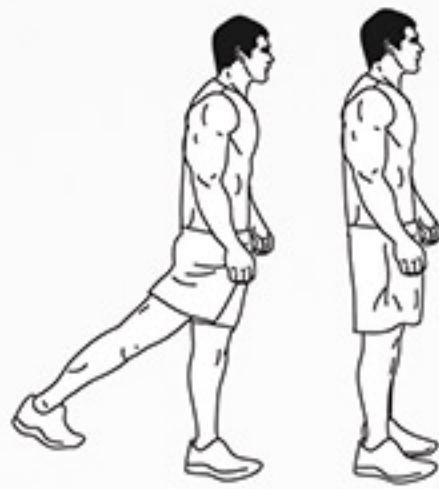
Out & About

DAREBEE WORKOUT © darebee.com

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



12 march steps



12 back leg raises



12 march steps



12 side leg raises



12 march steps



12 calf raises



12 step jacks

ROAMER

DAREBEE WORKOUT © darebee.com

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



10 march steps



4 twists



10 march steps



4 side bends



10 march steps



4 side bends



10 march steps



4 twists

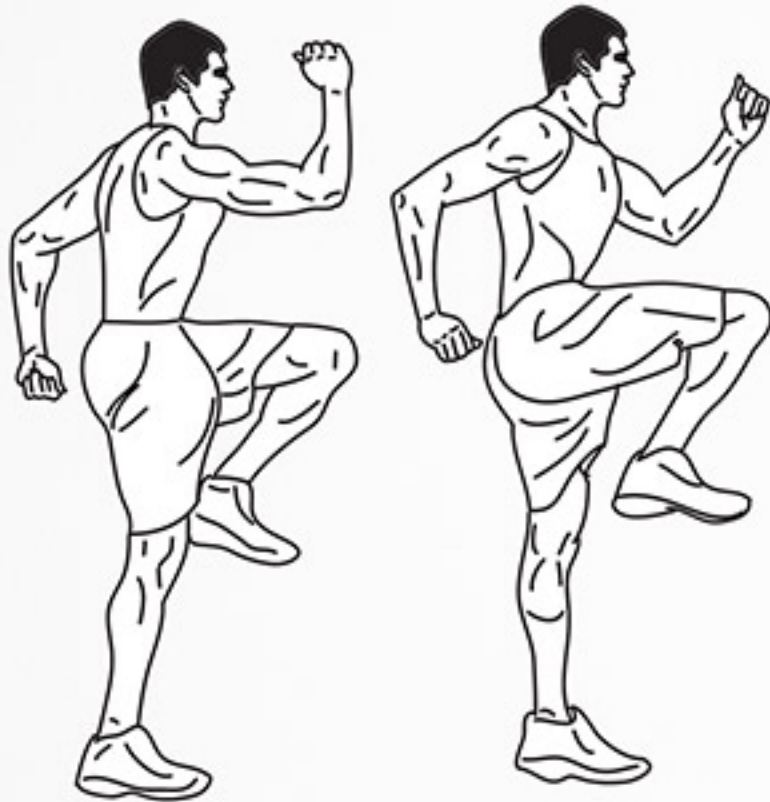


10 march steps

walker

WORKOUT by DAREBEE © darebee.com

Repeat 3 times in total | 2 minutes rest between sets



20 march steps

5 calf raises

20 march steps

5 calf raises

20 march steps

5 calf raises



20 march steps

5 calf raises

20 march steps

5 calf raises

done

WALK IT OFF

DAREBEE WORKOUT @ darebee.com

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



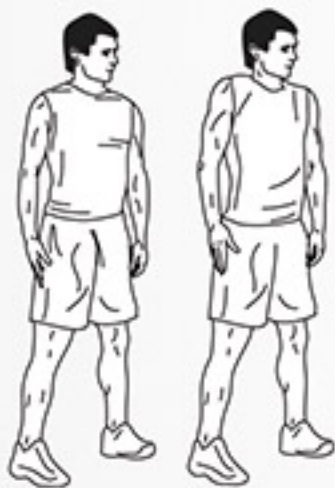
10 march steps



10 hip rotations



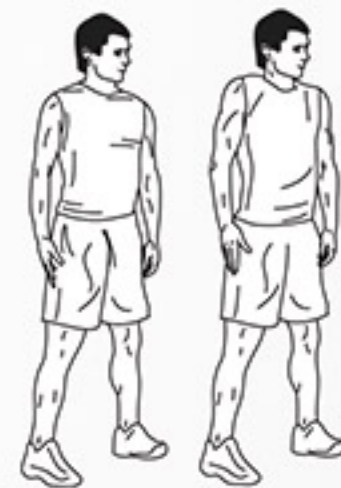
10 march steps



10 shoulder shrugs



10 march steps



10 shoulder shrugs



10 march steps



10 hip rotations



10 march steps

Walk With Me

DAREBEE WORKOUT @ darebee.com

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

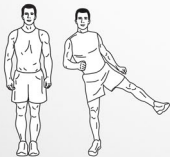


30sec march steps

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

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.