

Cardio Stroll

DAREBEE WORKOUT @ darebee.com
repeat 3 times with 2 minutes rest in between



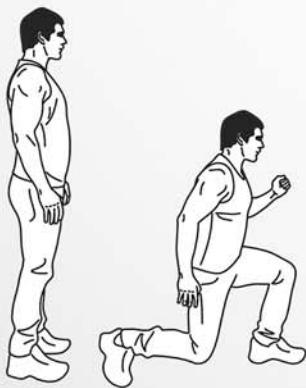
20 march steps



10 reverse lunges



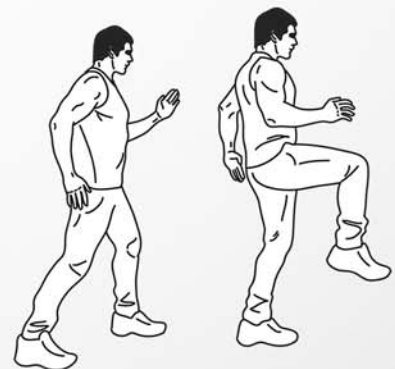
20 march steps



10 forward lunges



20 march steps



10 step back + step up