

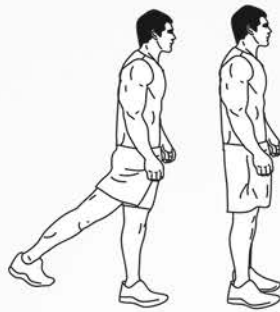
Out & About

DAREBEE WORKOUT @ darebee.com

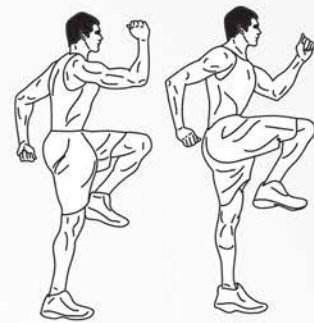
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



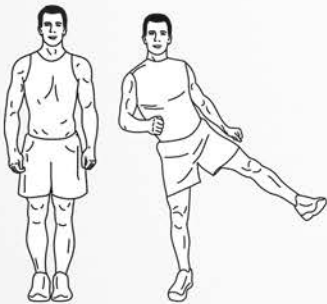
12 march steps



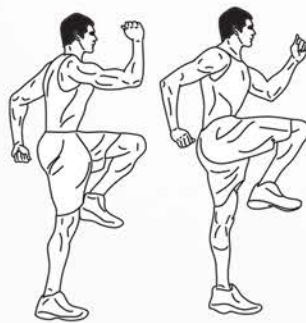
12 back leg raises



12 march steps



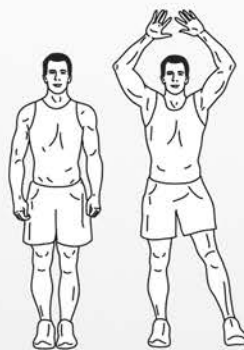
12 side leg raises



12 march steps



12 calf raises



12 step jacks