

# ROAMER

DAREBEE WORKOUT © [darebee.com](http://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