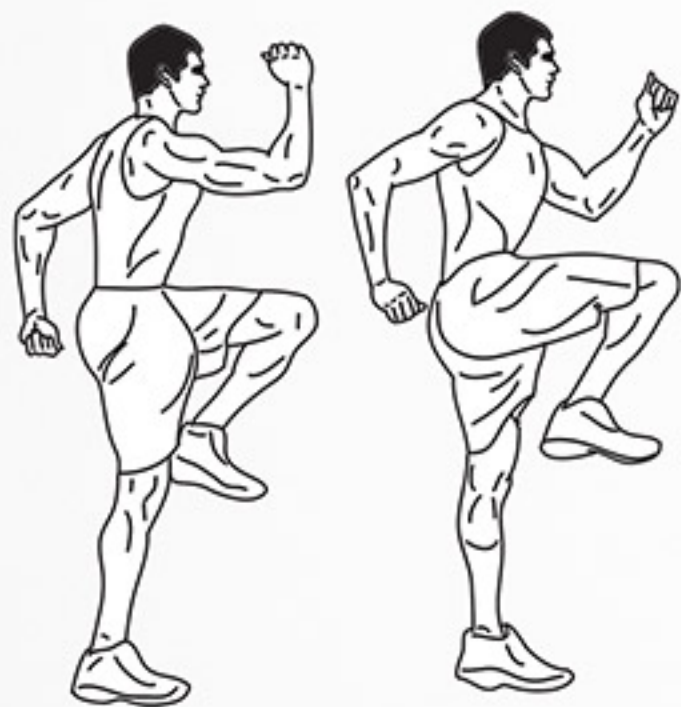


30-MINUTE WALK

WORKOUT by DAREBEE @ darebee.com

Repeat 5 times in total

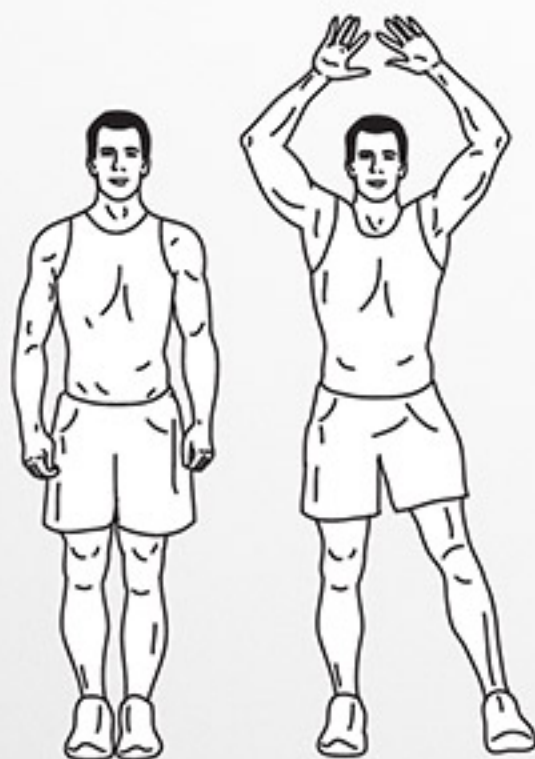


60sec march steps

15sec step jacks

60sec march steps

15sec step jacks



60sec march steps

15sec step jacks

60sec march steps

15sec step jacks

60sec rest

EXPLORER

DAREBEE WORKOUT @ darebee.com

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



20 march steps



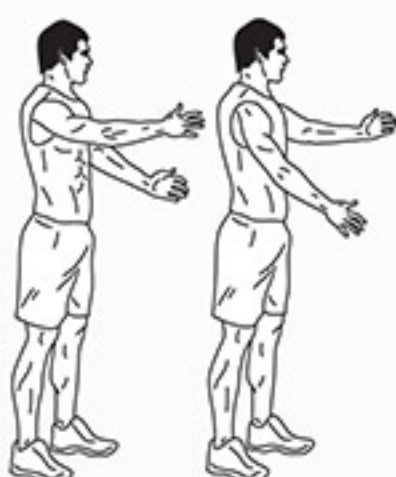
10 shoulder taps



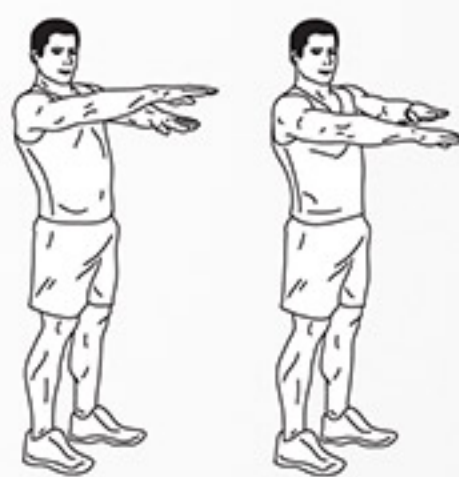
10 bicep extensions



20 march steps



10 scissor chops



10 arm scissors



20 march steps



10 chest expansions



10 raised arm circles

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

KINDER

DAREBEE WORKOUT @ darebee.com

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



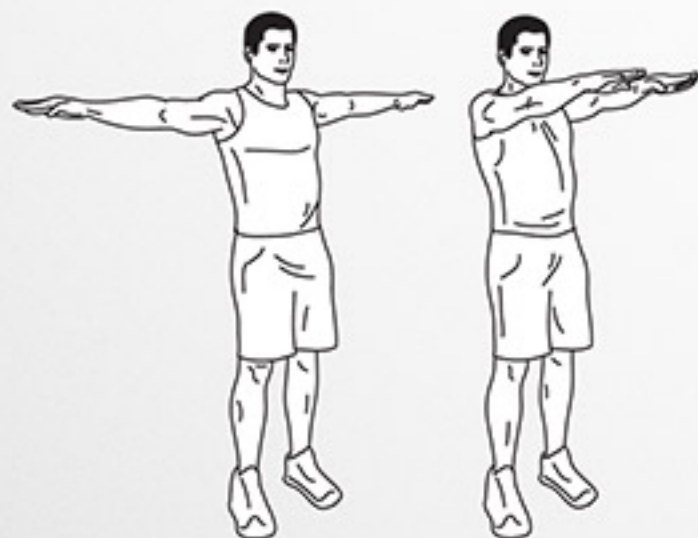
10 march steps



10 raised arm circles



10 march steps



10 arm extensions



10 march steps



10 bicep extensions

NOMAD

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-count calf raise hold



20 march steps



20 bicep extensions



20 march steps



20 bicep extensions

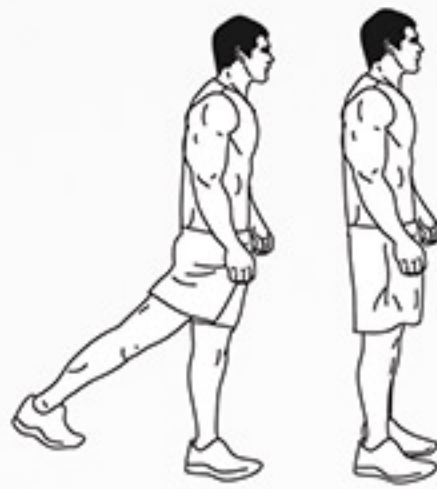
Out & About

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

PERSEVERANCE

DAREBEE WORKOUT @ darebee.com

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



20 march steps



10-count calf raise hold



20 march steps



10-count warrior pose hold / right side



20 march steps



10-count warrior pose hold / left side



20 march steps



10-count calf raise hold



20 march steps

PORTER

DAREBEE WORKOUT @ darebee.com

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



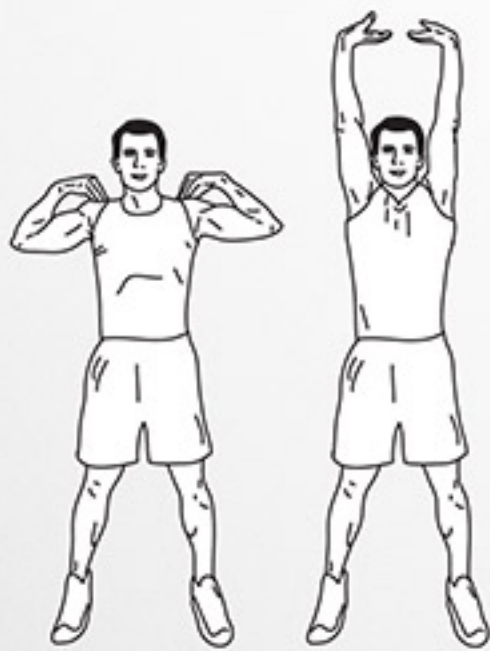
20 march steps



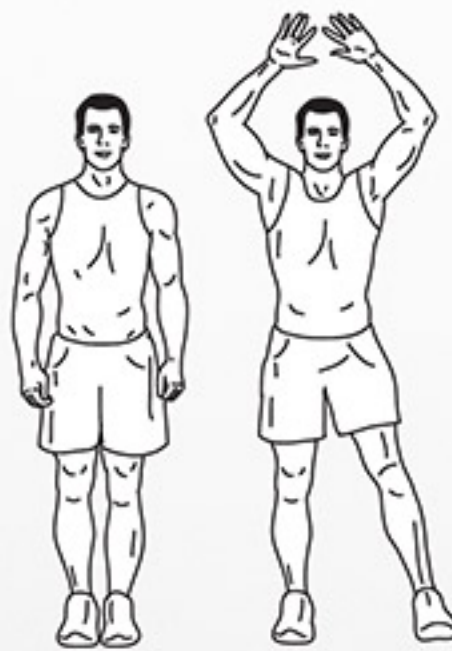
10 calf raises



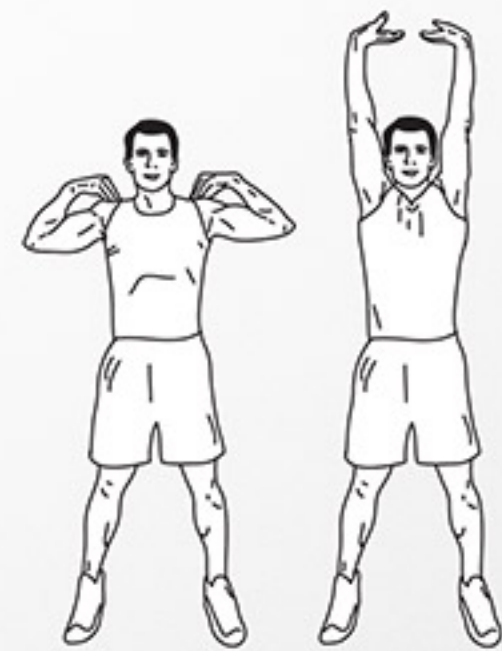
20 march steps



20 standing shoulder taps



10 step jacks



20 standing shoulder taps

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

Roundabout

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 step jacks



10 march steps



10 bicep extensions



10 march steps



10 bicep extensions



10 march steps



10 step jacks



10 march steps

STRIVE

DAREBEE WORKOUT @ darebee.com

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



20 march steps



10 side jacks



20 march steps



10 step jacks

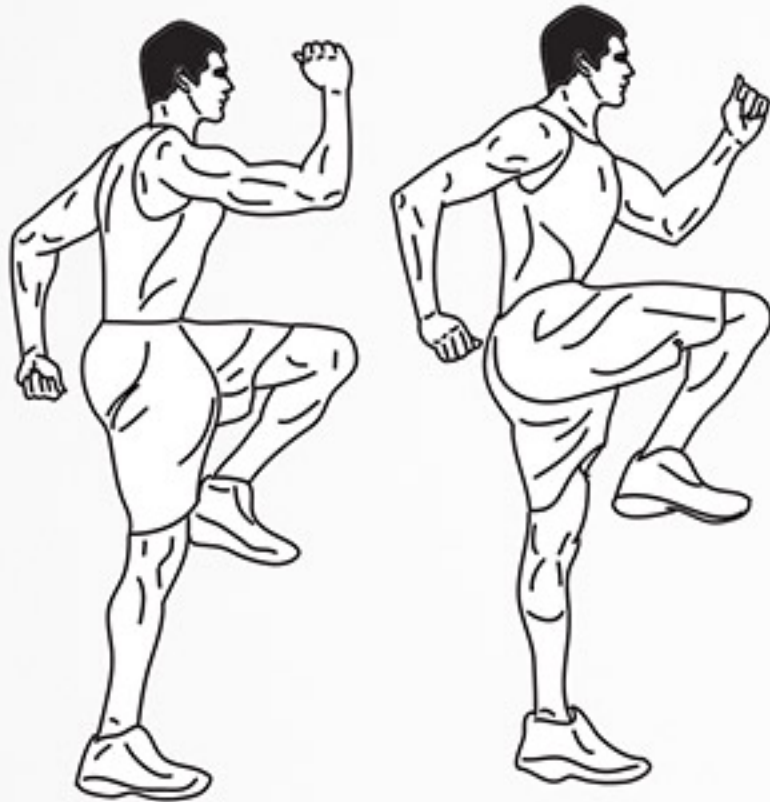


20 march steps

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



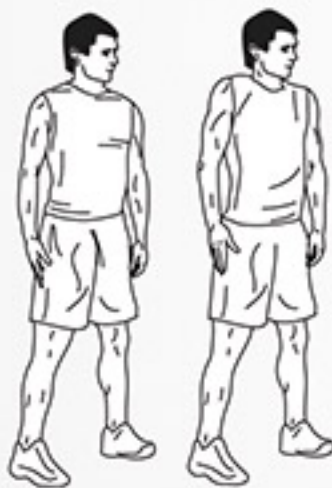
10 march steps



10 hip rotations



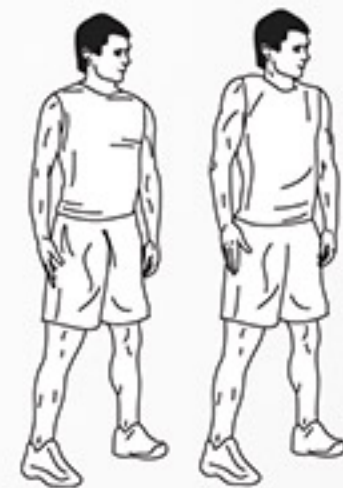
10 march steps



10 shoulder shrugs



10 march steps



10 shoulder shrugs



10 march steps



10 hip rotations



10 march steps