

# BEST FOOT FORWARD

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

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



20 march steps



20 back and forth swings



20-count hold



20 lunge step-ups



20 back and forth swings



20-count hold