

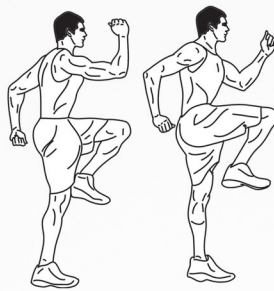
Born to Run

DAREBEE WORKOUT @ darebee.com

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



20 high knees



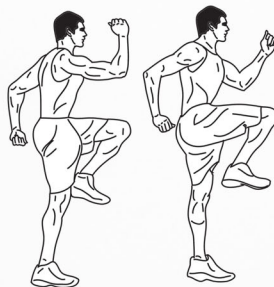
10 march steps



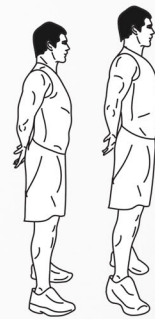
20 high knees



5 calf raises



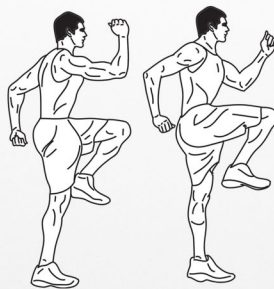
10 march steps



5 calf raises



20 high knees



10 march steps



20 high knees