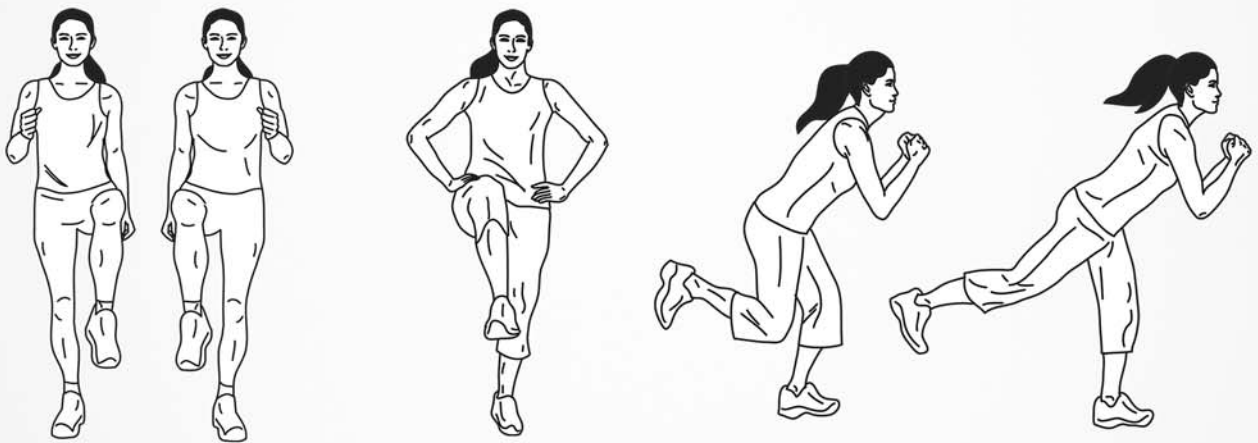


Cardio Balance

DAREBEE WORKOUT @ darebee.com



10 march steps

10-count raised knee hold (right leg)

10 single leg back kicks (right leg)

10 march steps

10-count raised knee hold (left leg)

10 single leg back kicks (left leg)

done