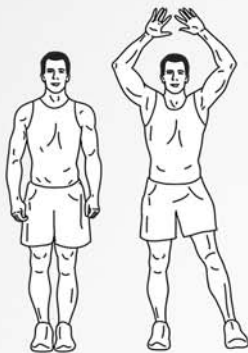


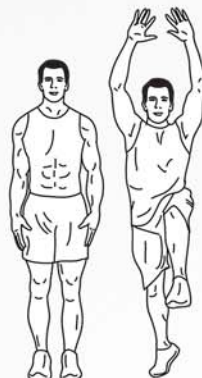
CARDIO STEP

DAREBEE WORKOUT @ darebee.com

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



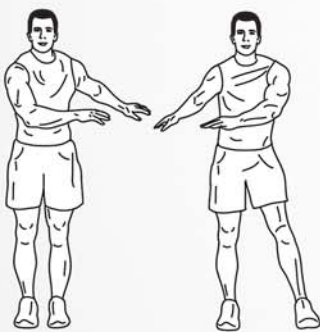
20 step jacks



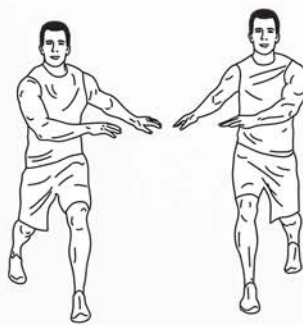
20 march jacks



20 step side jacks



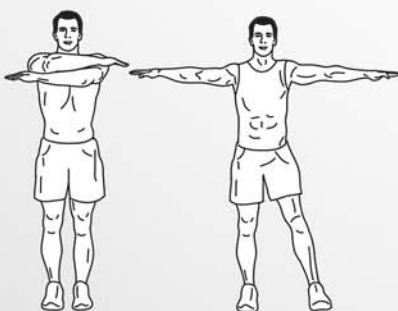
20 side-to-side steps



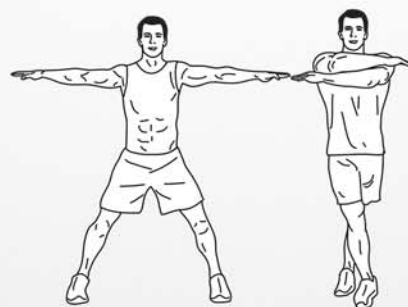
20 alternating steps back



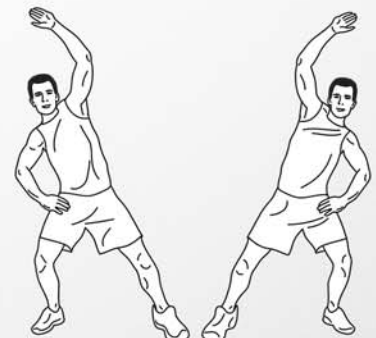
20 step side jacks



20 step arm extensions



20 cross step arm extensions



20 step side jacks