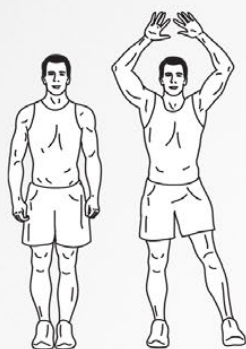


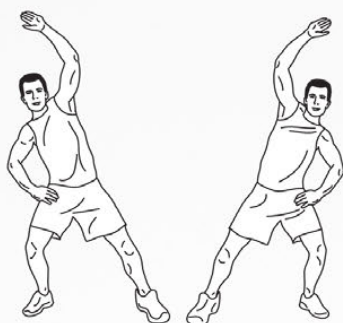
# LIGHTFOOT

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

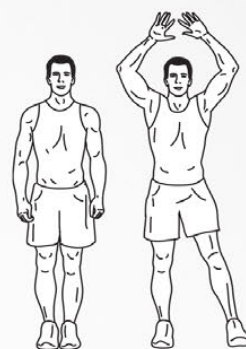
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



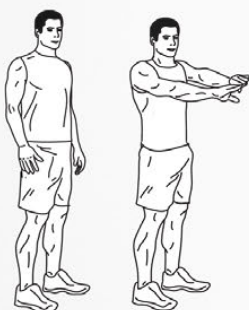
**10** step jacks



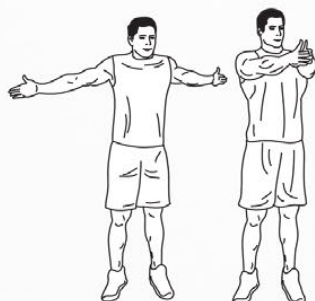
**10** side jacks



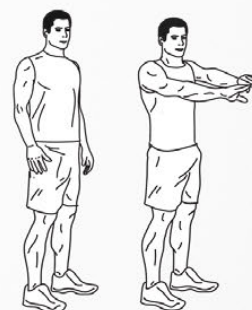
**10** step jacks



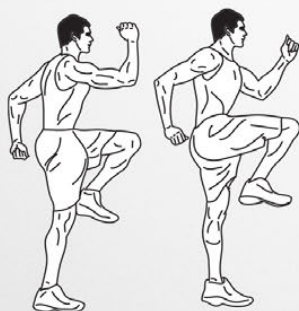
**10** arm raises



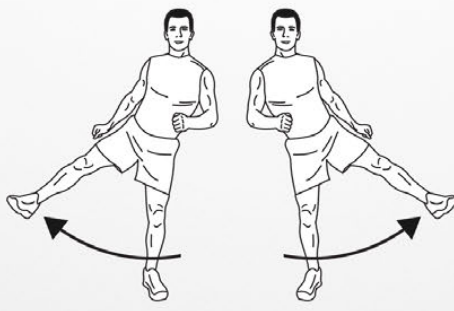
**10** chest expansions



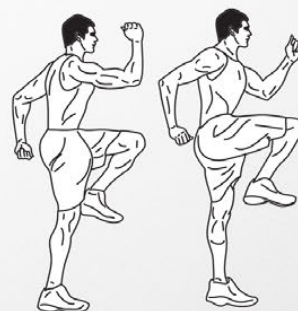
**10** arm raises



**10** march steps



**10** side-to-side leg raises



**10** march steps