

I AM MY OWN

HERO

DAREBEE WORKOUT

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Repeat 5 times in total

up to 2 minutes rest in between



12 lunges



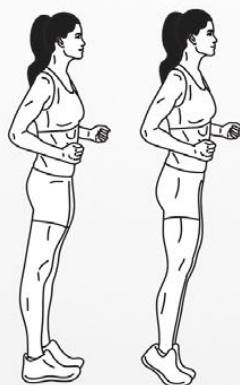
20 high knees



12 side lunges



20 high knees



12 calf raises



20 high knees