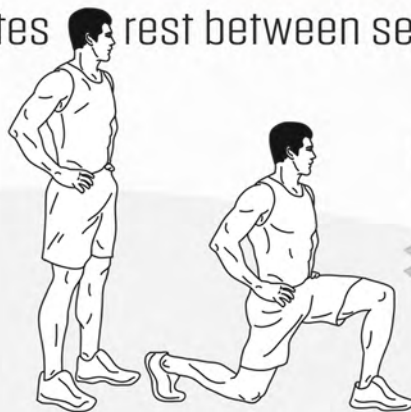


# a walk in a **Park**

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

**10 reps each** | 5 sets in total  
up to 2 minutes rest between sets



**6.** lunges



**5.** calf raises



**4.** squats



**3.** side leg raises



**2.** tricep dips

**1.** jumping jacks

