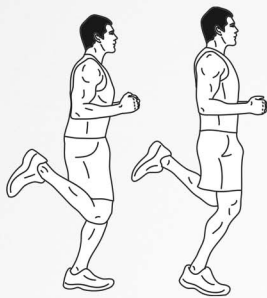


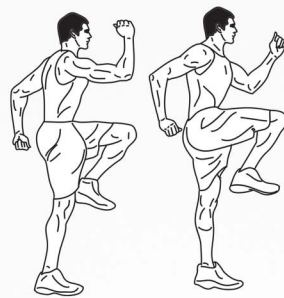
# STEAMROLLER

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

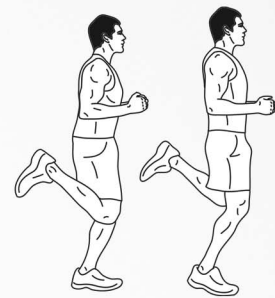
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



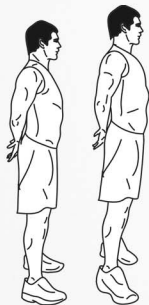
**10** butt kicks



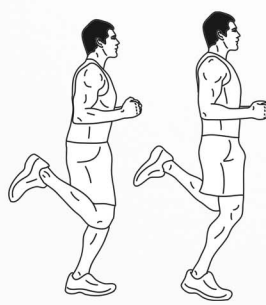
**10** march steps



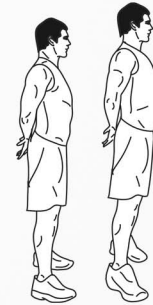
**10** butt kicks



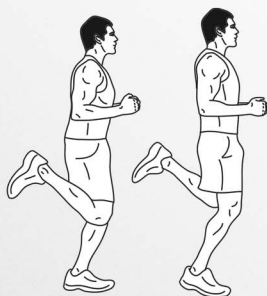
**5** calf raises



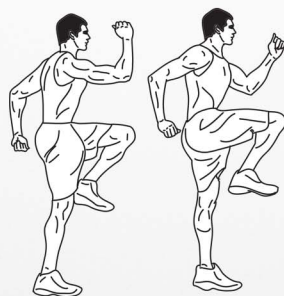
**10** butt kicks



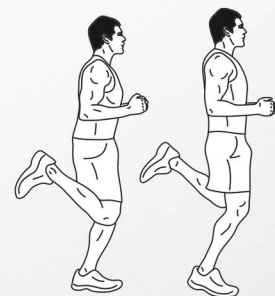
**5** calf raises



**10** butt kicks



**10** march steps



**10** butt kicks