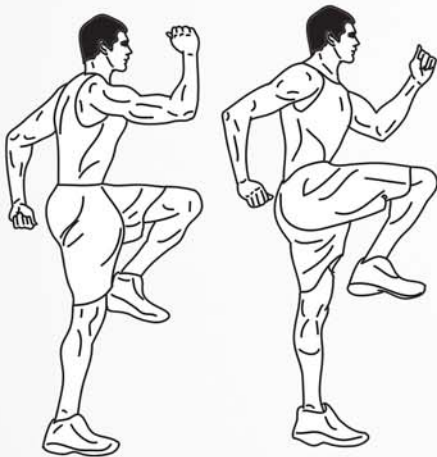


EARN YOUR **LUNCH** WORKOUT

by DAREBEE @ darebee.com



1 minute march steps (warmup)

1 minute high knees

1 minute rest

1 minute high knees

1 minute rest

1 minute high knees

1 minute rest

1 minute high knees

1 minute rest

1 minute high knees

done

