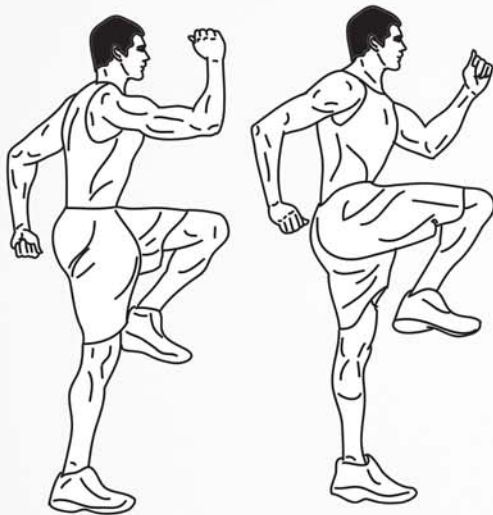


walker

WORKOUT by DAREBEE © darebee.com

Repeat 3 times in total | 2 minutes rest between sets



20 march steps

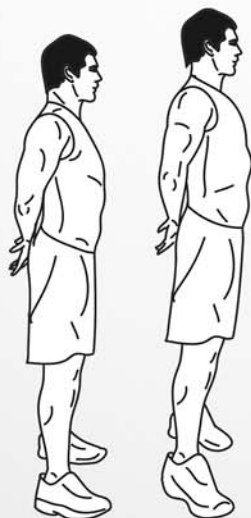
5 calf raises

20 march steps

5 calf raises

20 march steps

5 calf raises



20 march steps

5 calf raises

20 march steps

5 calf raises

done