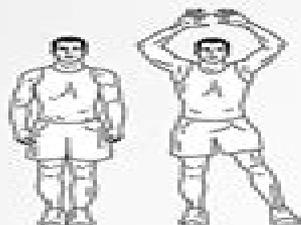


**CARDIO**

# STEP

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

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



**20** step jacks



**20** march jacks



**20** step side jacks



**20** side-to-side steps



**20** alternating steps back



**20** step side jacks



**20** step arm extensions



**20** cross step arm extensions



**20** step side jacks

# Step Workout

**JL Elias**



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