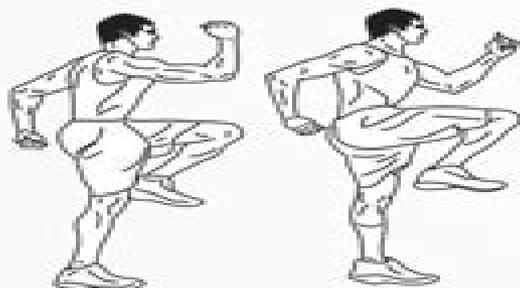


30-MINUTE WALK

WORKOUT by DAREBEE @ darebee.com

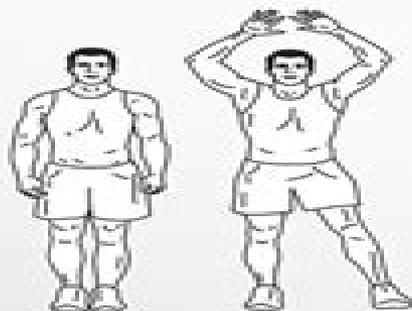
Repeat 5 times in total



60sec march steps

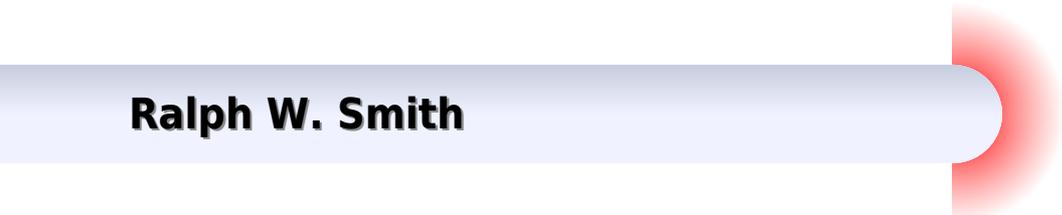
15sec step jacks

60sec rest



30 Minute Workout

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