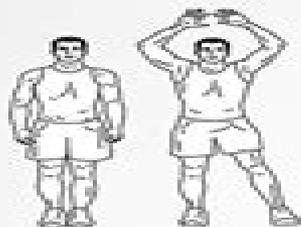


**CARDIO**

# 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



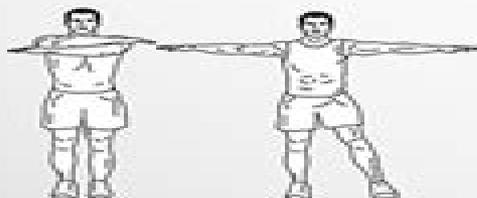
**20** side-to-side steps



**20** alternating steps back



**20** step side jacks



**20** step arm extensions



**20** cross step arm extensions



**20** step side jacks

# Step Workout

**Julia Schneider**



## **Step Workout:**

## Unveiling the Magic of Words: A Overview of "**Step Workout**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Step Workout**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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