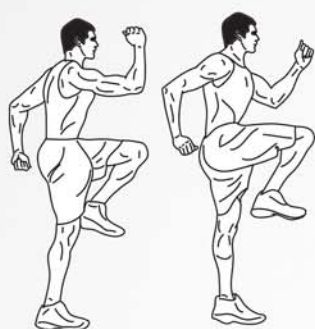


# Low Impact

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

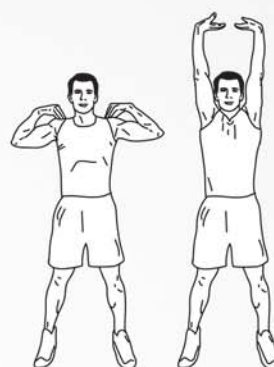
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



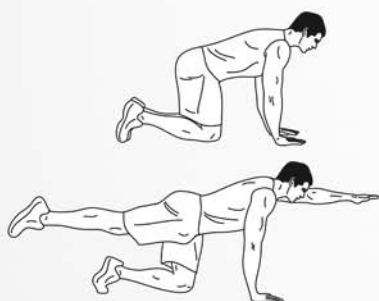
**20** march steps



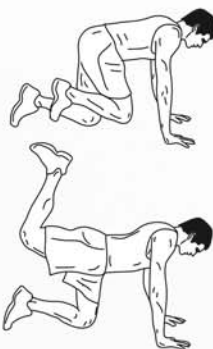
**10** calf raises



**40** shoulder taps



**20** alt arm/leg raises



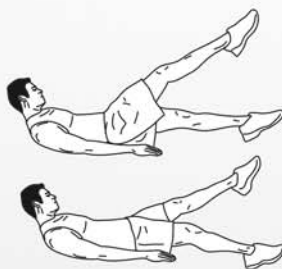
**20** leg extensions



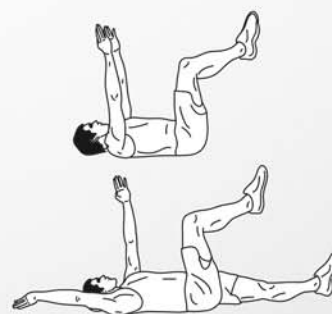
**20** side leg extensions



**10** bridges



**20** flutter kicks



**10** dead bugs