

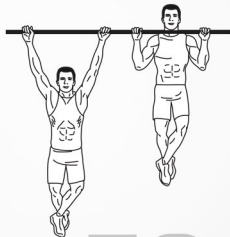
50 PULL-UPS

MINI WORKOUT BY DAREBEE @ darebee.com

Repeat 5 times in total

Wait until fully rested before goes.

10 PULL-UPS



50 CRUNCHES