

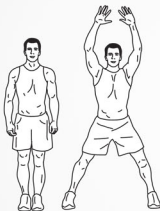
ANTI

POOCH

WORKOUT

by DAREBEE @ darebee.com

5 sets | 2 minutes rest in between



10 jumping jacks

4 sit-ups

10 jumping jacks

4 sit-ups

10 jumping jacks

4 sit-ups



10 jumping jacks

4 sit-ups



10 jumping jacks

4 sit-ups