

BEAST MODE

DAREBEE WORKOUT

© darebee.com

up to 2 minutes

rest between exercises



max
pull-ups
4 sets in total
30 seconds rest



max
knee-up twists
4 sets in total
30 seconds rest



max
push-ups
4 sets in total
30 seconds rest



max
jump squats
4 sets in total
30 seconds rest

max elbow plank hold
in one go



max
jumping lunges
4 sets in total
30 seconds rest