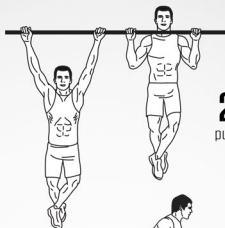


1
2
3
4
5
6
7
8

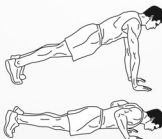
DAREBEE WORKOUT @ darebee.com

Split all reps into manageable sets.



20
pull-ups

20
single leg
squats



50
push-ups

5 minute
elbow plank hold

