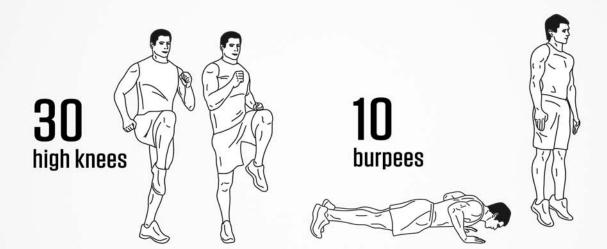
## Busy Day

**DAREBEE WORKOUT © darebee.com 5 sets** 2 minutes rest between sets





30sec elbow plank

