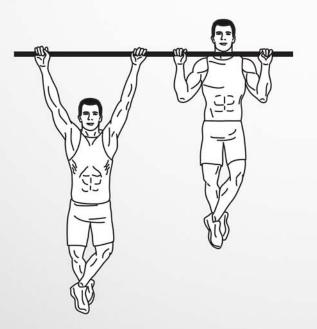
BRIDIO WORKOUT by DAREBEE C darebee.com Repeat 5 times in total 2 minutes rest between sets





20 high knees
jump up and do one pull-up
20 high knees
jump up and do one pull-up
20 high knees
jump up and do one pull-up
20 high knees
jump up and do one pull-up
20 high knees
jump up and do one pull-up
20 high knees
jump up and do one pull-up

done