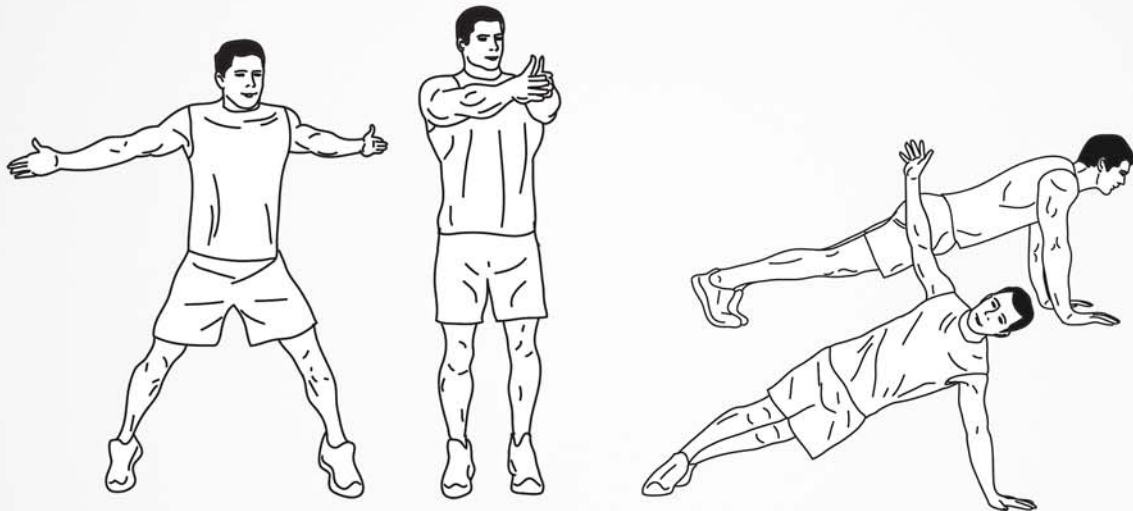


Cardio Hack

WORKOUT BY DAREBEE © darebee.com

5 sets | 2 minutes rest



10 seal jacks

4 plank rotations

10 seal jacks

4 plank rotations

10 seal jacks

4 plank rotations

done