

# CHARACTER BUILDING

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**maximum** chin-ups

**4 sets** in total

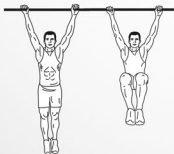
60 seconds rest between sets



**maximum** jump squats

**4 sets** in total

60 seconds rest between sets



**maximum** hanging knee-ins

**4 sets** in total

60 seconds rest between sets



**maximum** push-ups

**4 sets** in total

60 seconds rest between sets