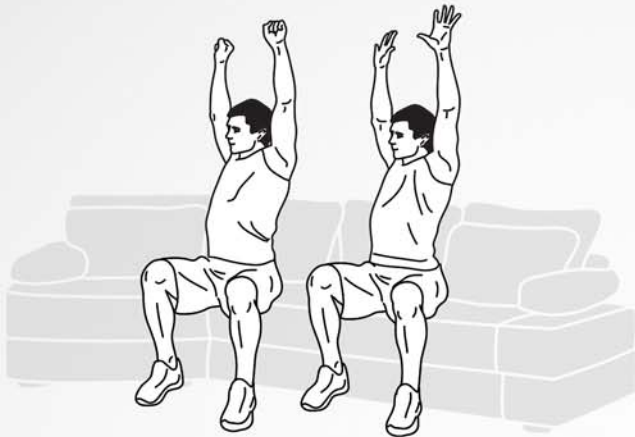


# couch potato

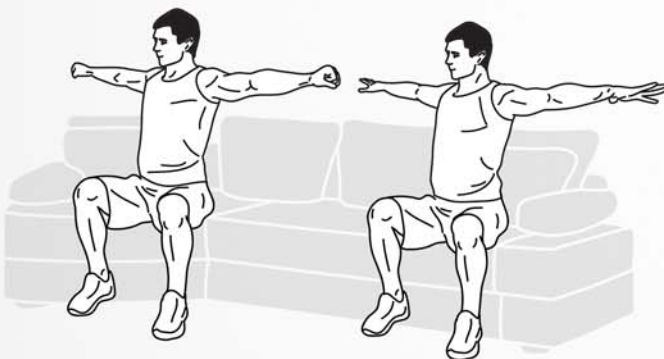
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



**20sec** overhead clench / unclench



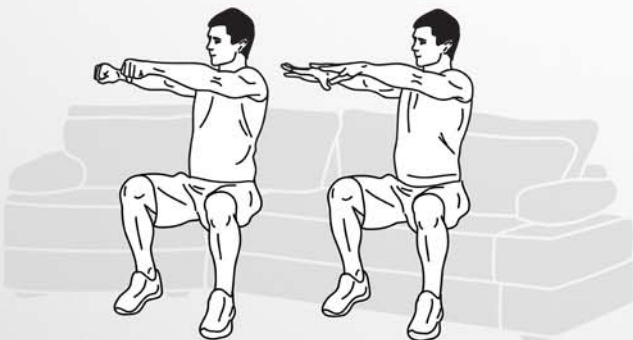
**40sec** overhead hold



**20sec** to the side clench / unclench



**40sec** to the side hold



**20sec** to the front clench / unclench



**40sec** to the front hold