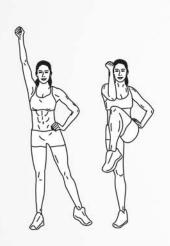
This one is for me

DAREBEE WORKOUT © darebee.com

5 sets 2 minutes rest between sets



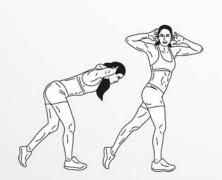
10 knee-to-elbows



10 side jacks



6 high squats



6 deadlift & twists



6 reverse lunges