

Full Body Works

DAREBEE WORKOUT

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repeat 3 times | 1 minute rest



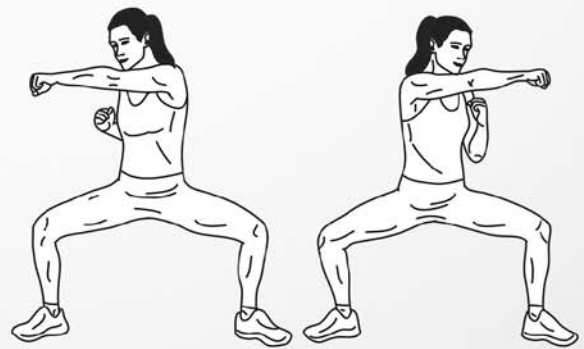
20 wide squats



20 wide squat side bends



20 wide squat calf raises



20 wide squat punches