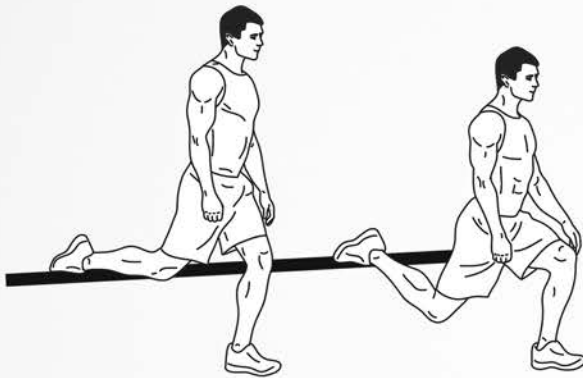
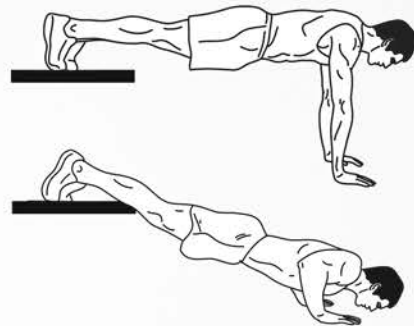


GOON

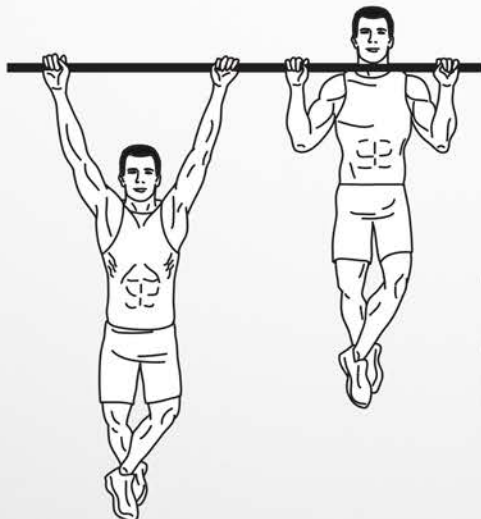
DAREBEE WORKOUT @ darebee.com



20 split squats
3 sets in total
30 sec rest in between



to fatigue decline push-ups
3 sets in total
30 sec rest in between



to fatigue pull-ups
3 sets in total
30 sec rest in between