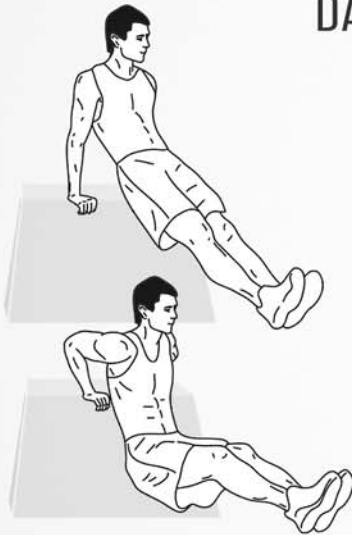


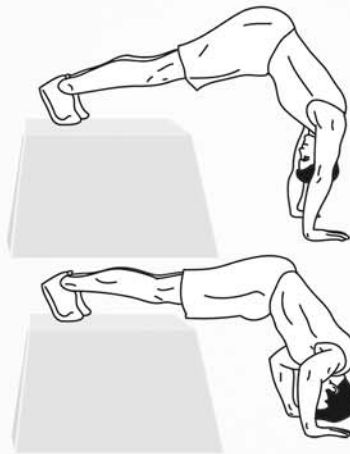
HAND STAND PREP



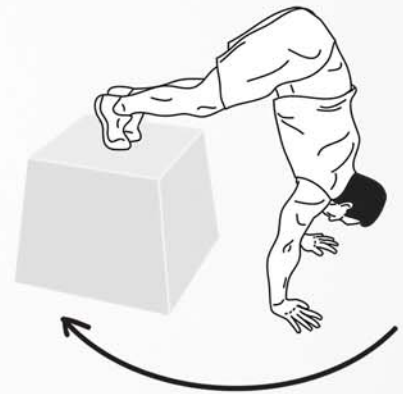
DAREBEE WORKOUT @ darebee.com



20
tricep dips x 3 sets
60sec rest between sets



10
raised pike push-ups x 3 sets
60sec rest between sets



30sec
box walk x 3 sets
60sec rest between sets



30sec reverse grip plank x 3 sets
60 seconds rest between sets



30sec hollow hold x 5 sets
60 seconds rest between sets