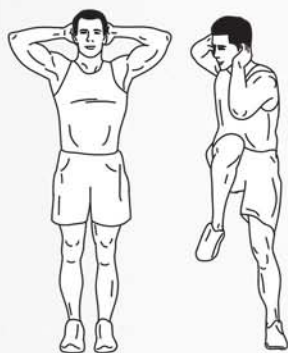


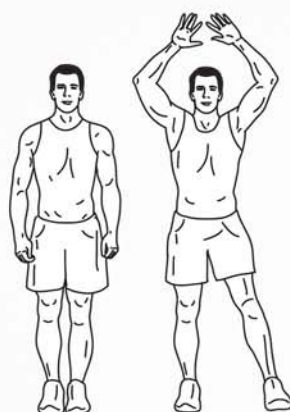
LOCK DOWN

WORKOUT
BY DAREBEE
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Repeat 5 times in total.
Up to 2 minutes rest
between sets.



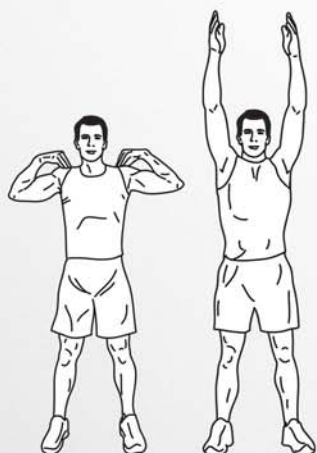
10 knee-to-elbows



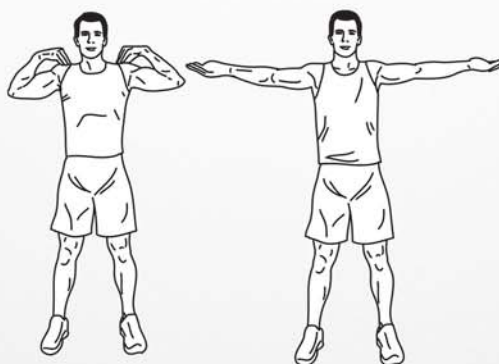
10 step jacks



10 reverse lunges



20 shoulder taps



20 side shoulder taps



20 raised arm circles