

LOOP

DAREBEE WORKOUT @ darebee.com

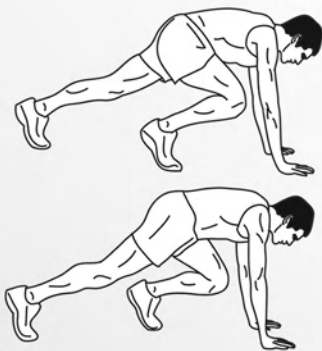
set the timer for **10 minutes** repeat the circuit until the time is up



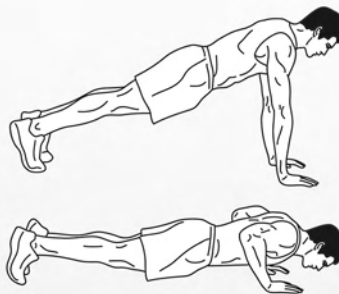
10 lunges



10 squats



10 climbers



2 push-ups



10 knee-to-elbow crunches