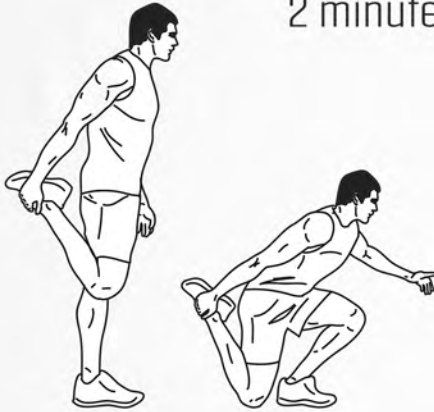


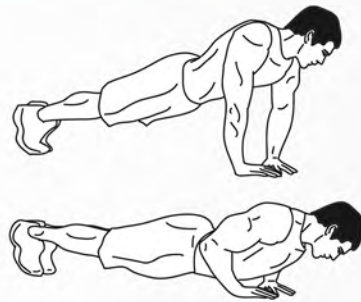
MONSTER INSIDE

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



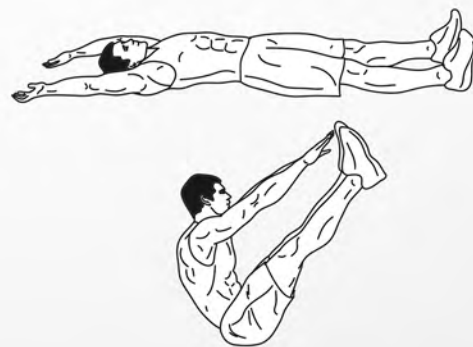
20 shrimp squats **x 3 sets** in total
20 seconds rest between sets



12 close grip push-ups
x 3 sets in total | 20 seconds rest



20 knee-to-elbow crunches
x 3 sets in total | 20 seconds rest



12 V-ups **x 3 sets** in total
20 seconds rest between sets