

NUMBER'S GAME

DAREBEE WORKOUT @ darebee.com
Split total reps into manageable sets.



200

squats

10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10



100

push-ups

5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5