

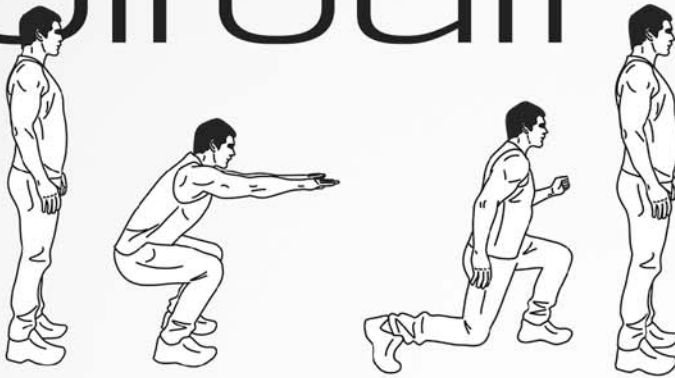
# Office Circuit

DAREBEE  
WORKOUT

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repeat 3 times

1 minute rest in between

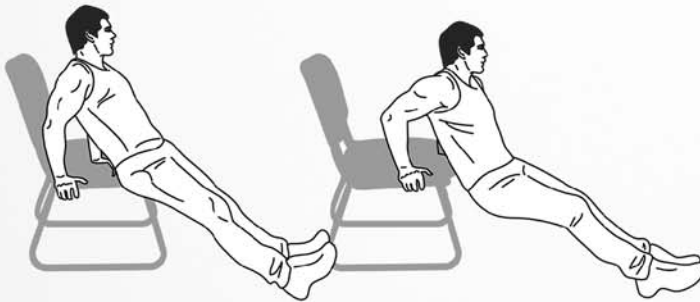


**20** squats

**20** reverse lunges



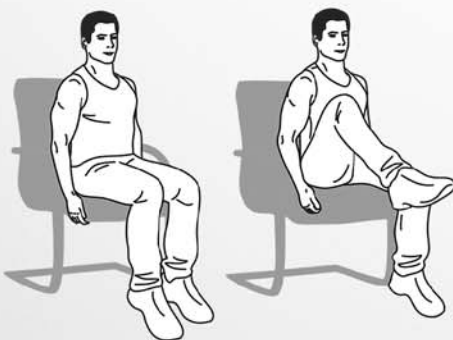
**20** calf raises



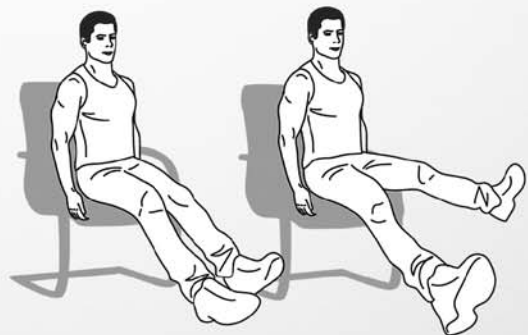
**20** tricep dips



**20sec** tricep dip hold



**20** knee-in crunches



**20** leg extensions