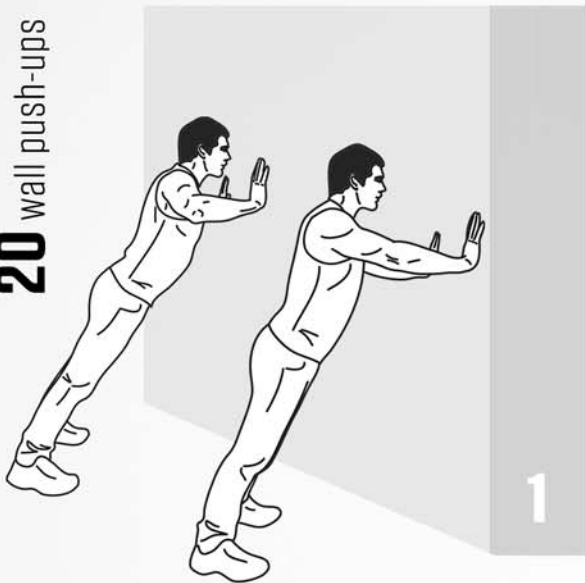


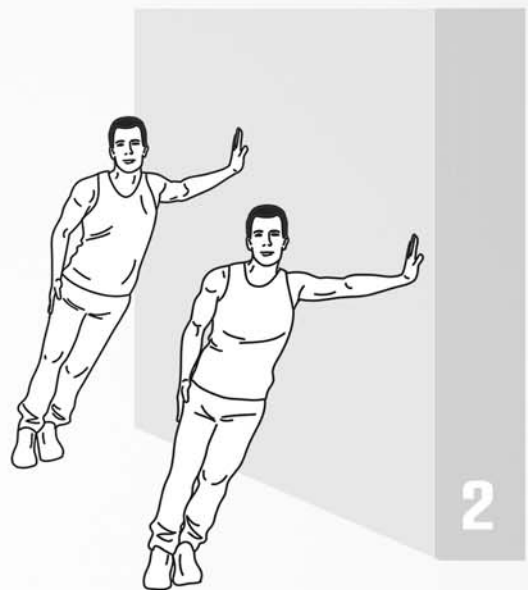
Office **Push-Ups II**

DAREBEE WORKOUT @ darebee.com
Repeat 3 times with 1 minute rest in between.

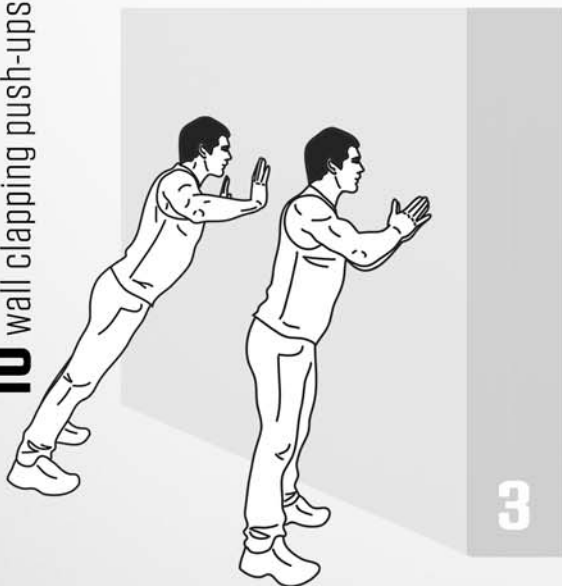
20 wall push-ups



20 one-arm side wall push-ups



10 wall clapping push-ups



10 wall clapping push-ups
behind back

