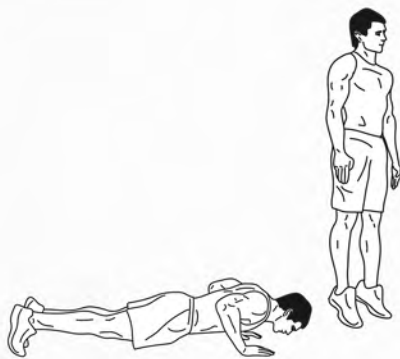


ONE-MINUTE WORKOUT

BY DAREBEE @ darebee.com



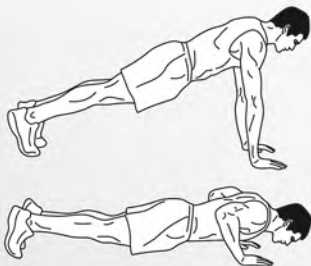
10sec high knees



10sec burpees



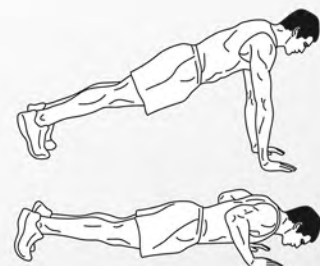
10sec high knees



10sec push-ups



10sec high knees



10sec push-ups