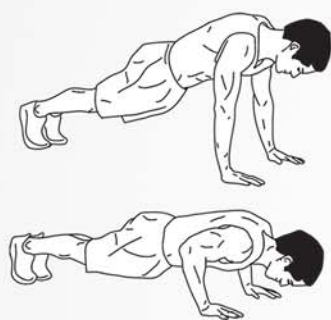


Power

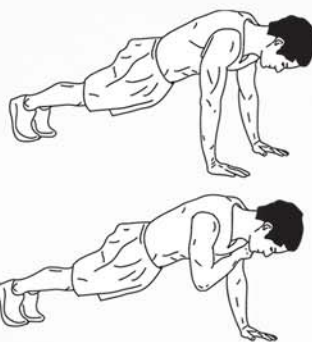
15

DAREBEE WORKOUT @ darebee.com

3 sets | 60 seconds rest between sets



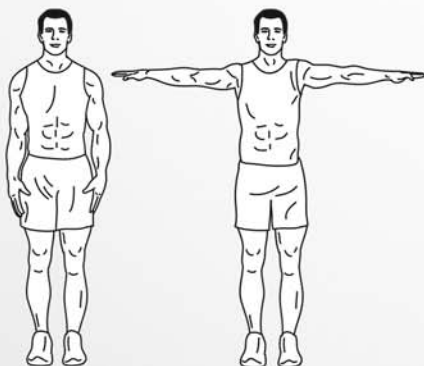
to fatigue push-ups



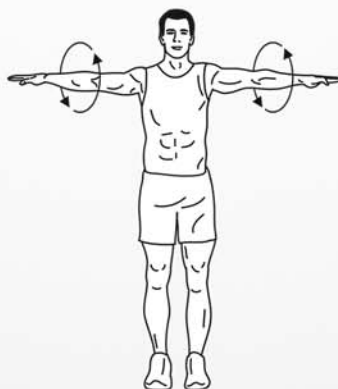
20 shoulder taps



20-count elbow plank



20 arm raises



20 arm circles



20-count hold