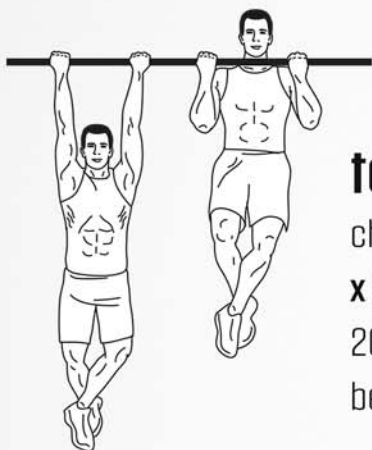


POWER BUILDER

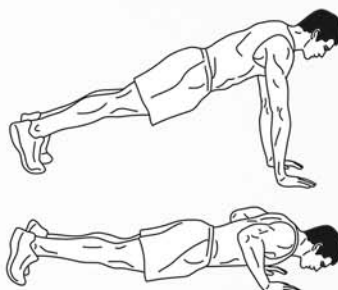
DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



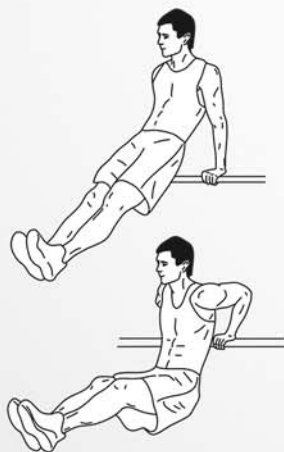
to failure

chin-ups
x 5 sets in total
20 seconds rest
between sets



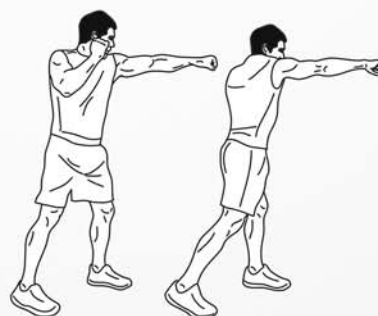
to failure

push-ups
x 5 sets in total
20 seconds rest
between sets



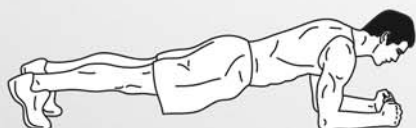
to failure

tricep dips
x 5 sets in total
20 seconds rest
between sets



5 minutes

punches
(jab + cross)
non-stop
keep arms up!



3 minutes elbow plank hold in one go
keep the plank up