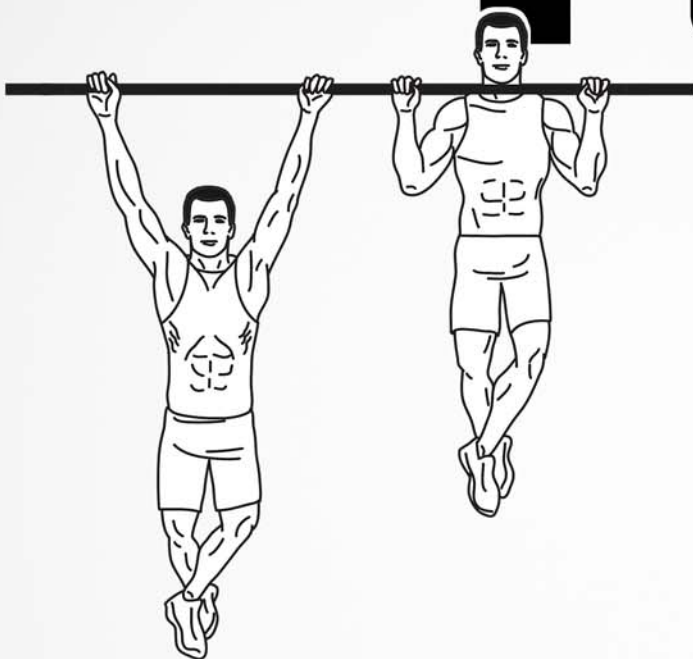


# POWER PULL

DAREBEE  
WORKOUT

© darebee.com



**to failure** pull-ups

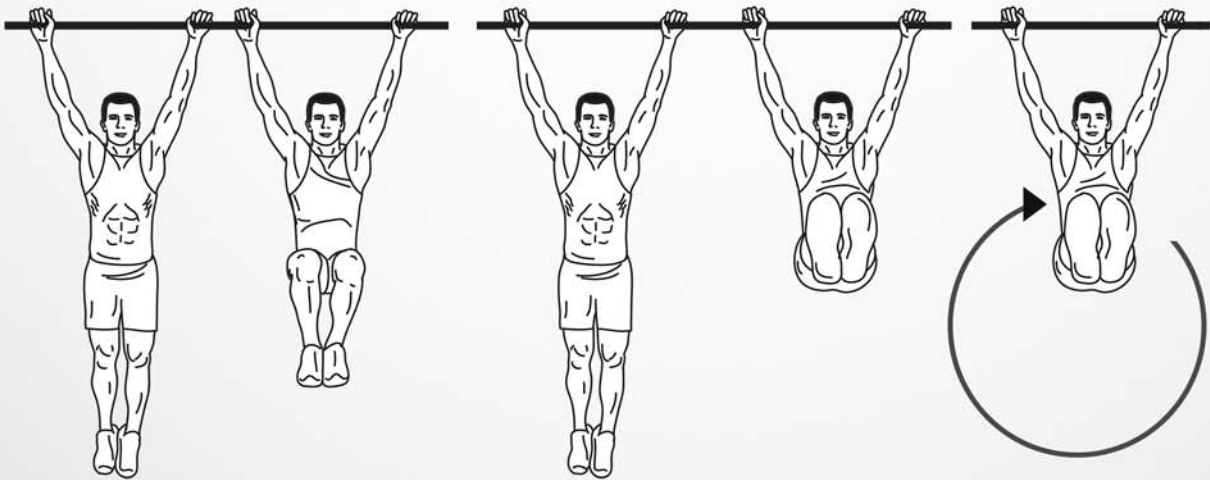
1 minute rest

**to failure** pull-ups

1 minute rest

**to failure** pull-ups

1 minute rest



**10** hanging knee raises

**10** hanging leg raises

**10** raised leg circles

optional: 1 minute rest between exercises