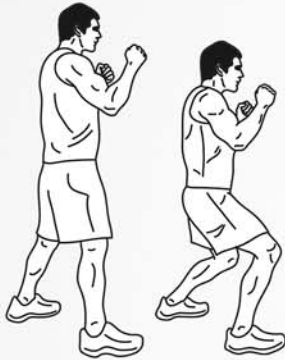
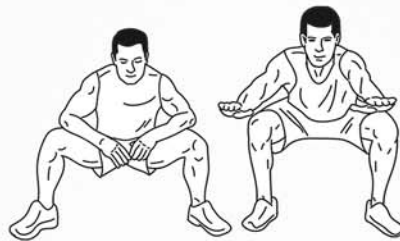


# THE PULSE

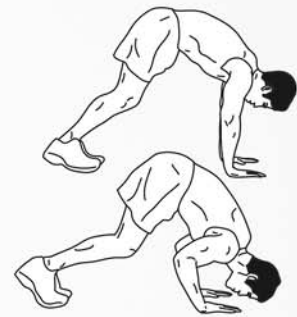
DAREBEE WORKOUT © [darebee.com](http://darebee.com)



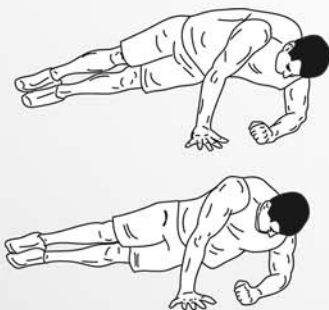
**20** standing pulse-ups  
**x 4 sets** in total 2 sets per leg  
20sec rest between sets



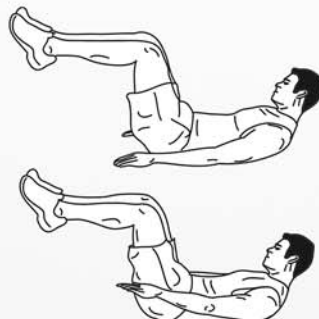
**20** squat hold pulse-ups  
**x 4 sets** in total  
20sec rest between sets



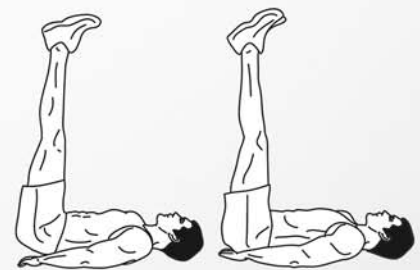
**20** pike pulse-ups  
**x 4 sets** in total  
20sec rest between sets



**20** side plank pulse-ups  
**x 4 sets** in total 2 sets per side  
20sec rest between sets



**20** hundreds  
**x 4 sets** in total  
20sec rest between sets



**20** pulse-ups  
**x 4 sets** in total  
20sec rest between sets