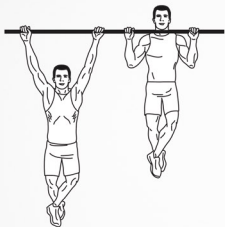


RUBICON

DAREBEE WORKOUT @ darebee.com



2+ pull-ups

20+ crunches

2+ pull-ups

20+ crunches

2+ pull-ups

20+ crunches



2+ pull-ups

20+ crunches



2+ pull-ups

20+ crunches

