

RUNNER STRENGTH

UPPERBODY

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



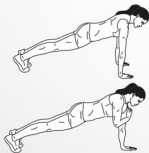
10 push-ups x **3** sets

30 seconds rest between sets



10 plank rotations x **3** sets

30 seconds rest between sets



20 shoulder taps x **3** sets

30 seconds rest between sets



20 climber taps x **3** sets in total

30 seconds rest between sets