

sofa bound

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30sec arms to the front hold



30sec arms to sides hold



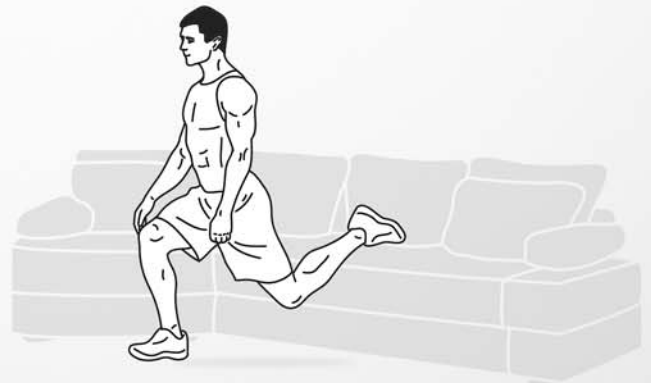
30sec tricep dip hold



30sec raised legs hold



30sec chest squeeze



30sec single leg squat hold