

SUPER SWITCH

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest between sets



4 push-ups

10 crunches



4 push-ups

10 crunches

- roll over for a faster switch -

4 push-ups

10 crunches



4 push-ups

10 crunches



4 push-ups

10 crunches