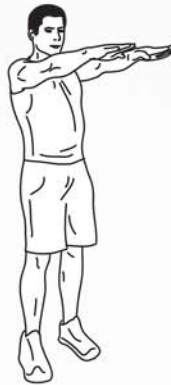


superhero endurance

DAREBEE WORKOUT @ darebee.com



2 minutes
squat hold



2 minutes
raised arms hold



2 minutes
calf raise hold



2 minutes
elbow plank hold



2 minutes
side elbow plank hold



2 minutes
superman stretch hold