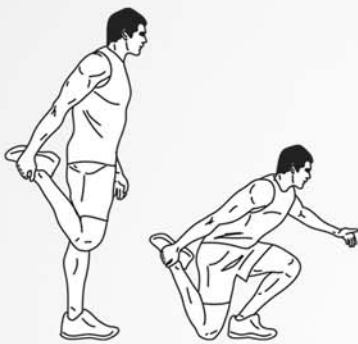


# superhero strength

DAREBEE  
WORKOUT

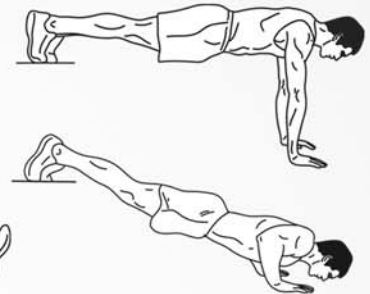
@ darebee.com



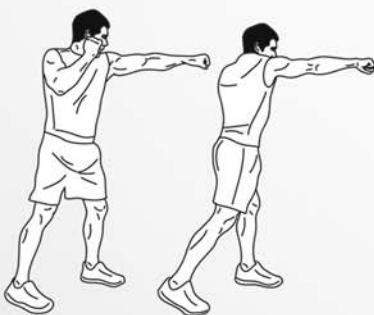
**20** single leg squats  
**5 sets in total**  
30 seconds rest



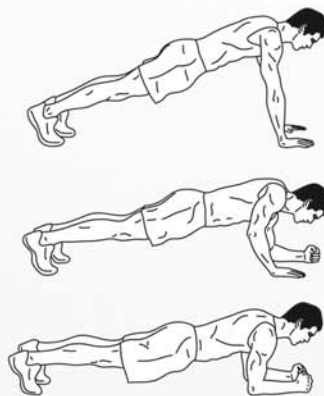
**20** cossack squats  
**5 sets in total**  
30 seconds rest



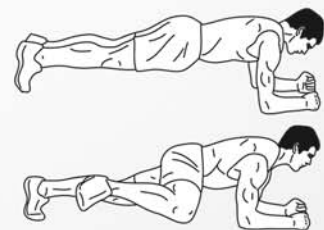
**20** decline push-ups  
**5 sets in total**  
30 seconds rest



**100** punches  
**5 sets in total**  
30 seconds rest



**20** up & down planks  
**5 sets in total**  
30 seconds rest



**20** elbow plank  
side crunches  
**5 sets in total**  
30 seconds rest