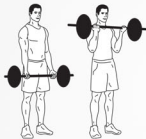


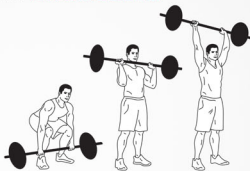
someone has to be a

# TANK

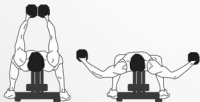
DAREBEE WORKOUT © [darebee.com](http://darebee.com)



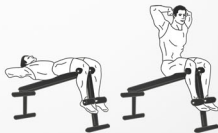
**8** bicep curls  
**4 sets in total**  
30 sec rest in between



**8** clean and press  
**4 sets in total**  
30 sec rest in between



**8** chest fly  
**4 sets in total**  
30 sec rest in between



**8** sit-ups  
**4 sets in total**  
30 sec rest in between