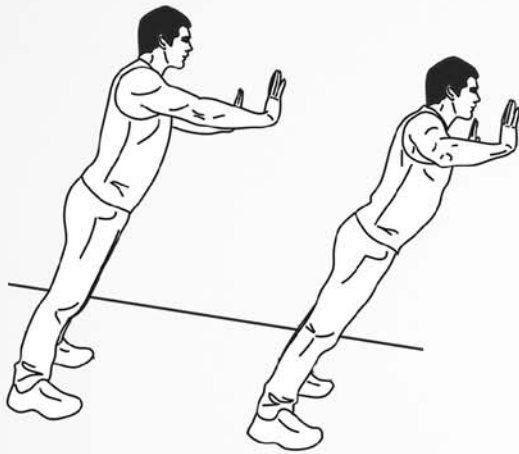


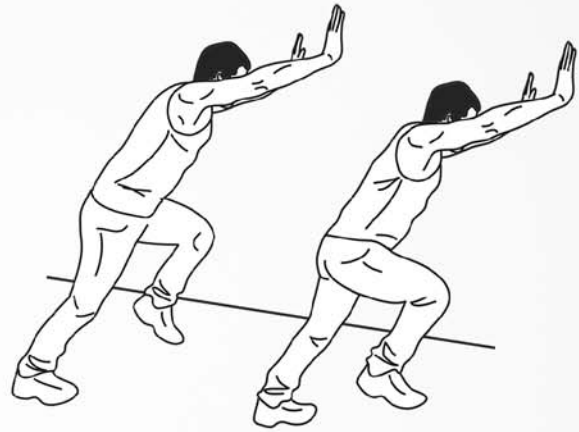
theWall

DAREBEE WORKOUT @ darebee.com

repeat 3 times with 1 minute rest in between



20 wall push-ups



20 wall climbers



20 wall slides



20sec wall-sit