

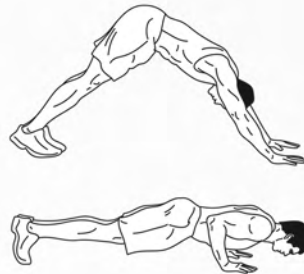
# WRESTLER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

2 minutes rest between exercises



**20** squats  
**x 3 sets** in total  
20 seconds rest  
between sets



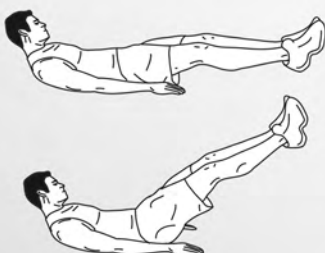
**20** judo push-ups  
**x 3 sets** in total  
20 seconds rest  
between sets



**20** full bridges  
**x 3 sets** in total  
20 seconds rest  
between sets



**20** side bridges  
**x 3 sets** in total  
20 seconds rest  
between sets



**20** leg raises  
**x 3 sets** in total  
20 seconds rest  
between sets



**20** sitting twists  
**x 3 sets** in total  
20 seconds rest  
between sets