

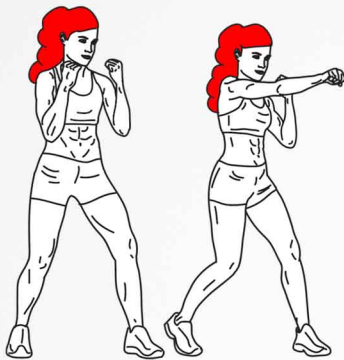
BLACK



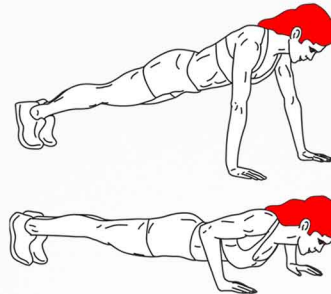
WIDOW

DAREBEE WORKOUT @ darebee.com

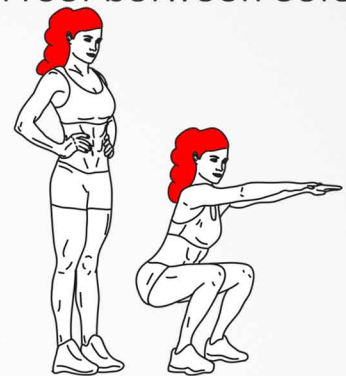
10 sets or as many as you can do | up to 2 min rest between sets



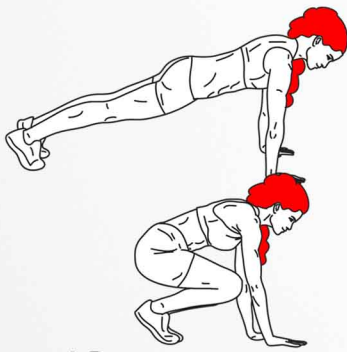
60 punches



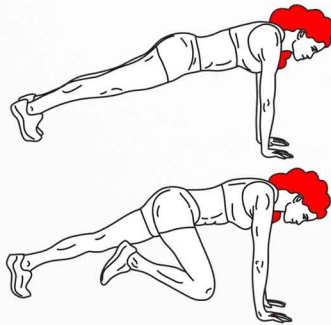
10 push-ups



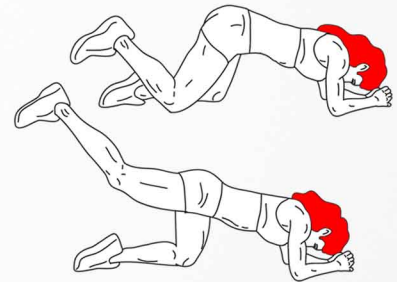
20 squats



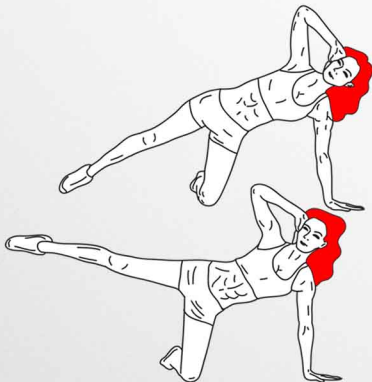
10 plank jump-ins



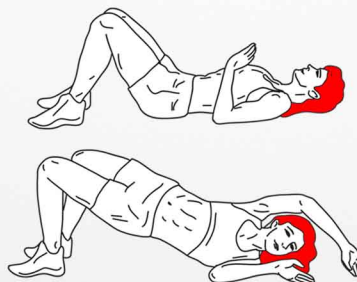
20 climbers



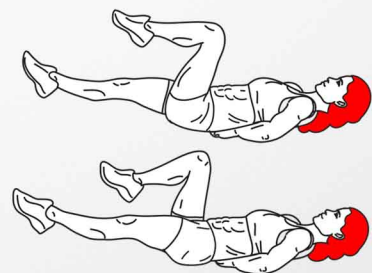
20 back kicks



20 triangle crunches



20 bridge taps



20 air bike crunches