

# PUSH & PULL

DAREBEE WORKOUT

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

3 sets | 2 minutes rest



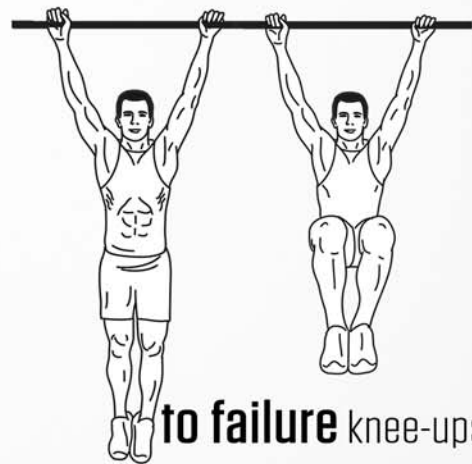
10 stacked push-ups



to failure pull-ups



10 side crunch push-ups



to failure knee-ups



10 raised leg push-ups



to failure chin-ups