

SPECIAL OPS

DAREBEE WORKOUT @ darebee.com

30 seconds rest between exercises



20 lunges

5 sets | 30 seconds rest



20 squats

5 sets | 30 seconds rest



20 lifts

5 sets | 30 seconds rest



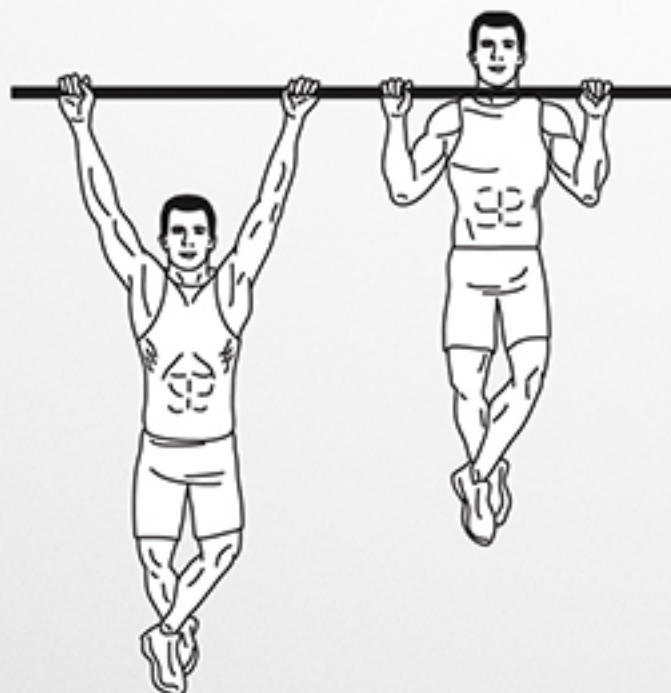
max push & drag

5 sets | 30sec rest



10 sitting twists

5 sets | 30sec rest



max pull-ups

5 sets | 30 seconds rest