

PLAYING ON HARD

DAREBEE WORKOUT @ darebee.com

30 seconds rest between exercises



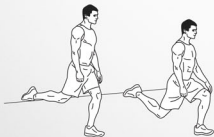
max pull-ups

3 sets | 30 sec rest



max push-ups

3 sets | 30 sec rest



16 split squats

3 sets | 30 sec rest



16 cossack squats

3 sets | 30 sec rest