

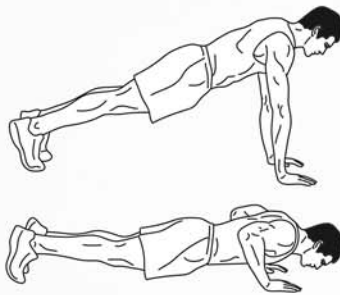
# 24

DAREBEE WORKOUT  
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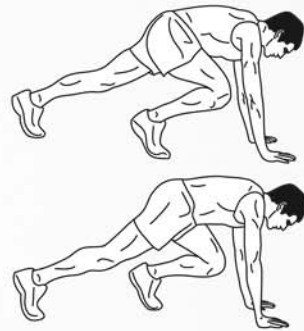
YOU HAVE 24HRS  
TO COMPLETE YOUR MISSION



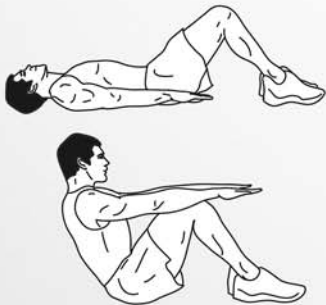
HIGH KNEES  
**120**



PUSH-UPS  
**60**



CLIMBERS  
**120**



SIT-UPS  
**60**



SITTING TWISTS  
**120**



SQUATS  
**120**