

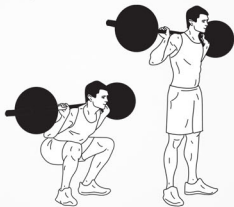
# 50 SQUATS

MINI WORKOUT BY DAREBEE @ [darebee.com](http://darebee.com)

Repeat 5 times in total

Wait until fully rested before goes.

## 10 SQUATS



## 50 CRUNCHES