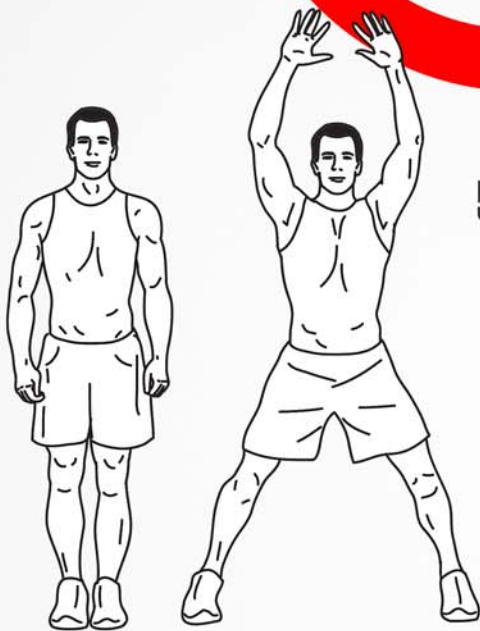


ANTI

POOCH

WORKOUT



by DAREBEE @ darebee.com
5 sets | 2 minutes rest in between

10 jumping jacks

4 sit-ups

10 jumping jacks

4 sit-ups

10 jumping jacks

4 sit-ups

10 jumping jacks

4 sit-ups

10 jumping jacks

4 sit-ups

done

