

# Asta

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

30 seconds rest between exercises



**30sec** high knees

5 sets | 30 seconds rest



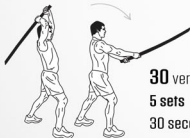
**max** push-ups

5 sets | 30 seconds rest



**max** sit-ups

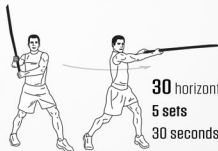
5 sets | 30 seconds rest



**30** vertical cuts

5 sets

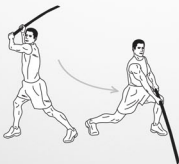
30 seconds rest



**30** horizontal cuts

5 sets

30 seconds rest



**30** cross cuts

5 sets

30 seconds rest