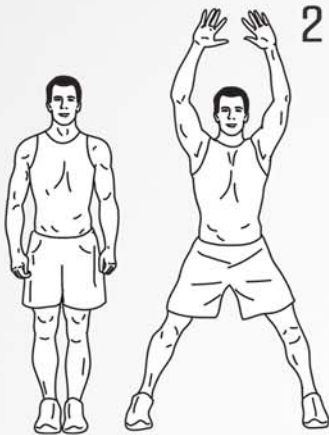


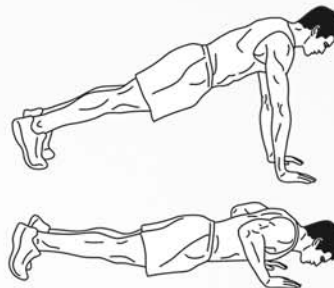
The Astronaut

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



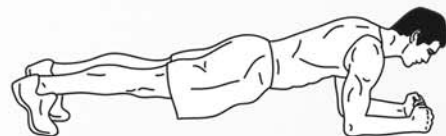
20 jumping jacks
x 3 sets in total
20 seconds rest
between sets



10 push-ups
x 3 sets in total
20 seconds rest
between sets



10 lunges
x 3 sets in total
20 seconds rest
between sets



20sec elbow plank **x 3 sets**
20 seconds rest between sets



20sec wall-sit
x 3 sets in total
20 seconds rest
between sets



20sec raised leg hold **x 3 sets**
20 seconds rest between sets