

BACK WORK

WORKOUT
BY DAREBEE
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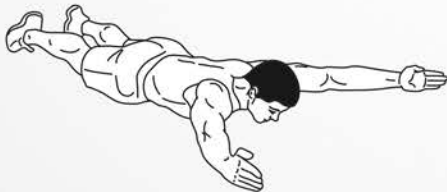
5 sets in total
2 minutes rest
between sets



14 reverse angels



14 swimmers



14 W-extensions



14 back arches

