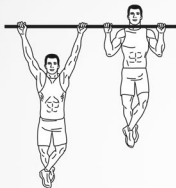


BEASTMASTER

DAREBEE WORKOUT © darebee.com

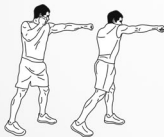
2 minutes rest between exercises



to failure pull-ups x **5 sets** in total
30 seconds rest between sets



max
tricep push-ups
x **5 sets** in total
30 seconds rest
between sets



1 minute punches (keep arms up)
x **5 sets** in total
30 seconds rest between sets



2 minutes elbow plank
x **2 sets** in total
30 seconds rest between sets



2 minute side elbow plank
x **2 sets** in total, one side per set
30 seconds rest between sets