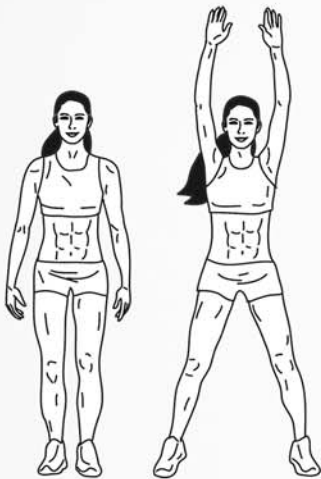


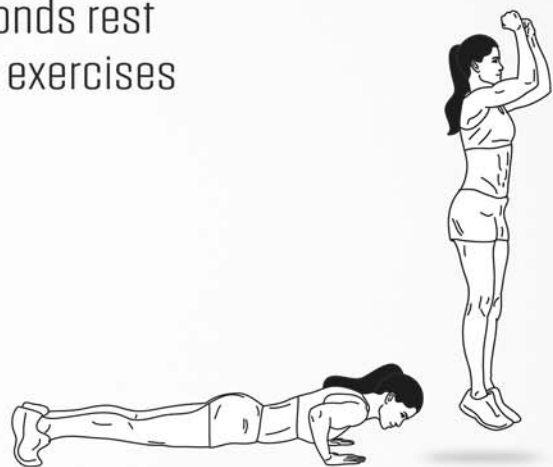
Birthday Workout

by DAREBEE @ darebee.com

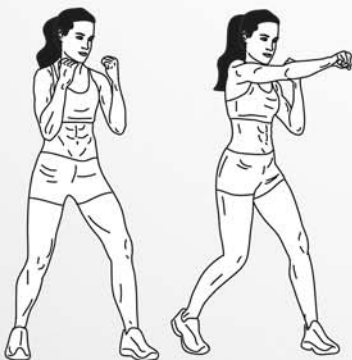
60 seconds rest
between exercises



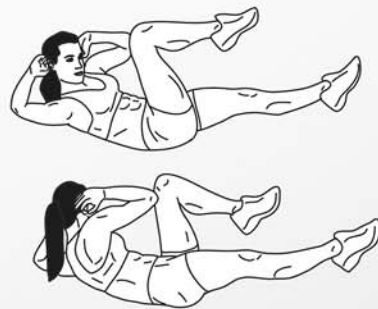
10 jumping jacks x **3 sets** in total
20 seconds rest between sets



10 burpees x **3 sets** in total
20 seconds rest between sets



20 punches x **3 sets** in total
20 seconds rest between sets



10 knee-to-elbow crunches
x **3 sets** in total | 20 seconds rest