

DAILY

FIX

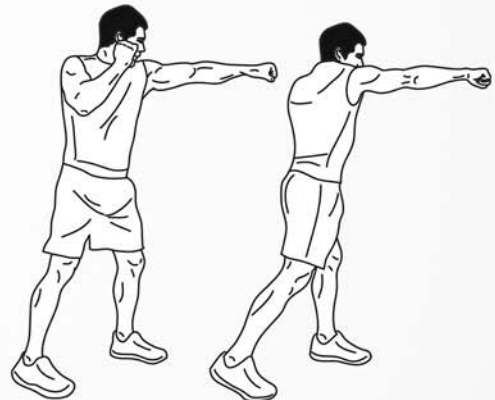
DAREBEE
WORKOUT

@ darebee.com

3 sets | 2 minutes rest



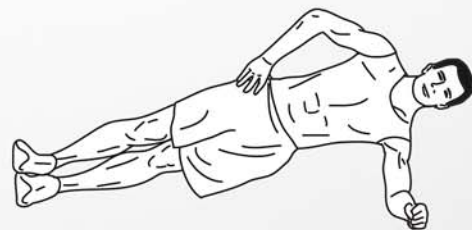
20 lunges



20 punches



20sec elbow plank



20sec side elbow plank