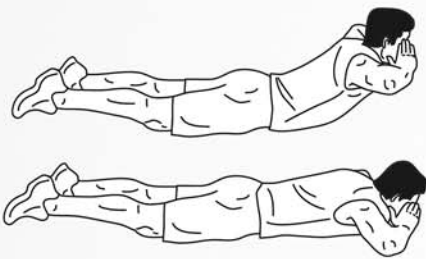


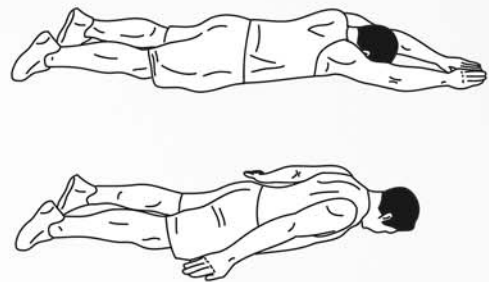
# DAYBREAK

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

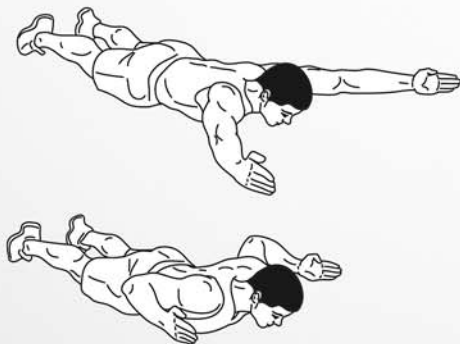
2 minutes rest between exercises



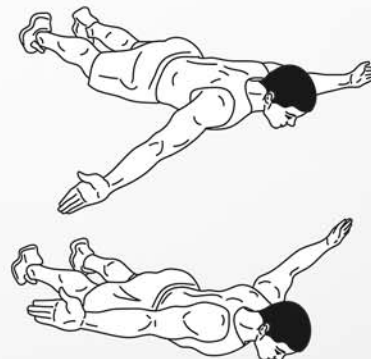
**10** back extensions x **4 sets** in total  
20 seconds rest between sets



**10** reverse angels x **4 sets** in total  
20 seconds rest between sets



**10** W-extensions x **4 sets** in total  
20 seconds rest between sets



**10** reverse prone fly x **4 sets** in total  
20 seconds rest between sets