

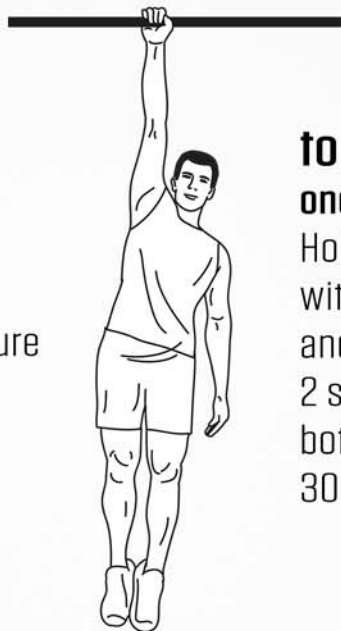
THE KITTEN

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



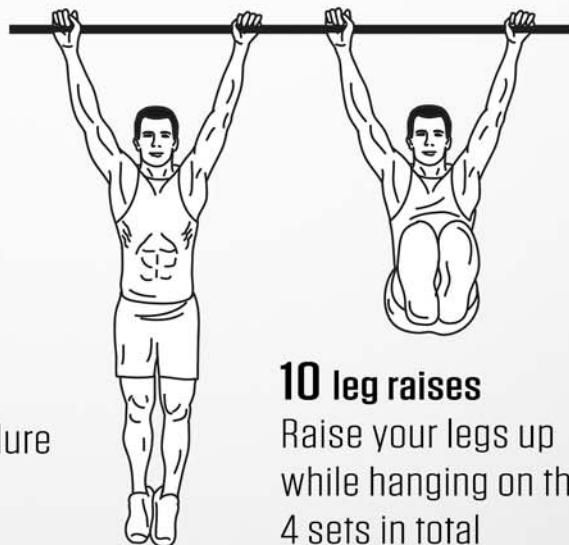
**to failure
straight hang**
Hold on to the bar
and hang until failure
4 sets in total
30 seconds rest



**to failure
one-arm hang**
Hold on to the bar
with one arm only
and hang until failure
2 sets in total
both arms = 1 set
30 seconds rest



**to failure
chin-up hang**
Take a close grip,
lift yourself up
and hang until failure
4 sets in total
30 seconds rest



10 leg raises
Raise your legs up
while hanging on the bar
4 sets in total
30 seconds rest