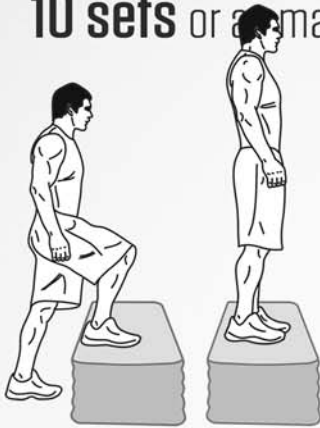


MASON

DAREBEE WORKOUT @ darebee.com

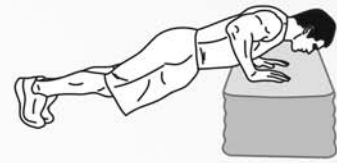
10 sets or as many as you can do | up to 2 minutes rest between sets



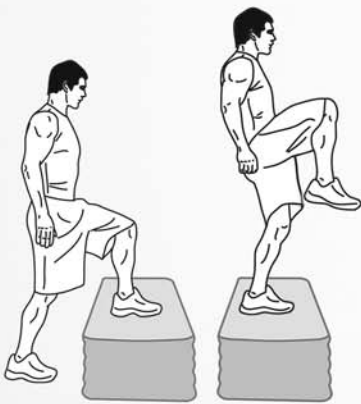
10 steps



5 push-ups



10-count push-up hold



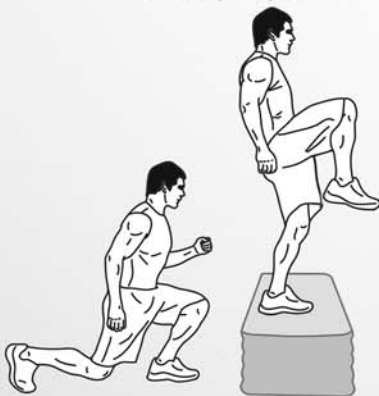
10 step-ups



5 leg raises



10-count raised leg hold



10 step-up reverse lunges



5 tricep dips



10-count tricep dip hold