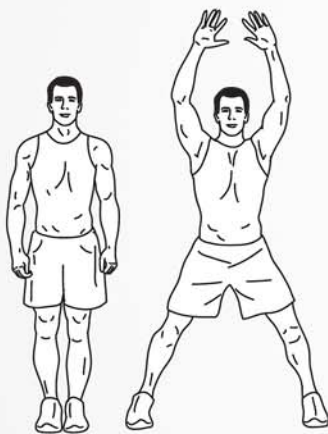


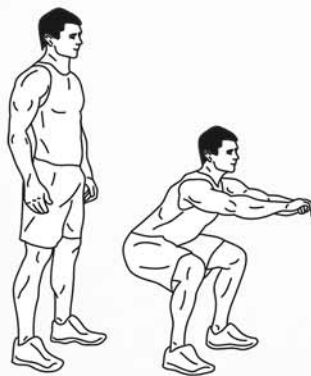
15-minute MORNING WORKOUT

by DAREBEE © darebee.com

repeat 3 times in total with 2 minutes rest between sets



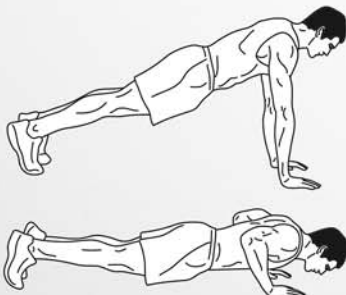
20 jumping jacks



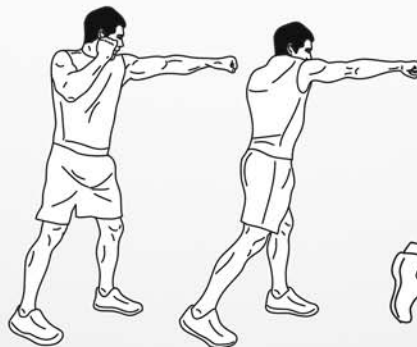
20 squats



20 lunges



10 push-ups



40 punches



60sec elbow plank