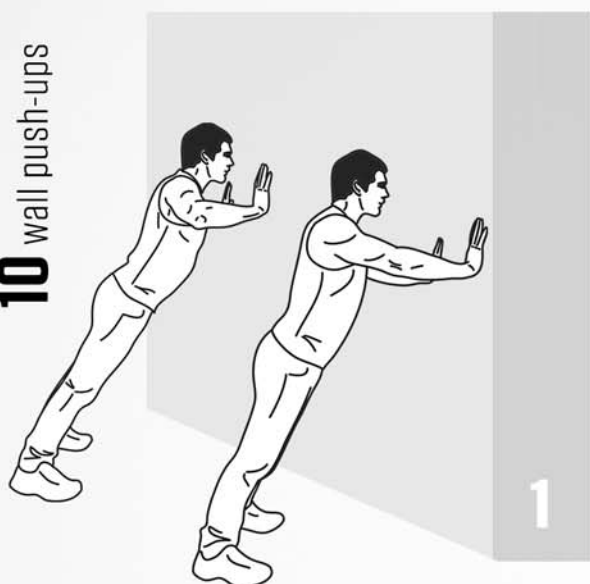


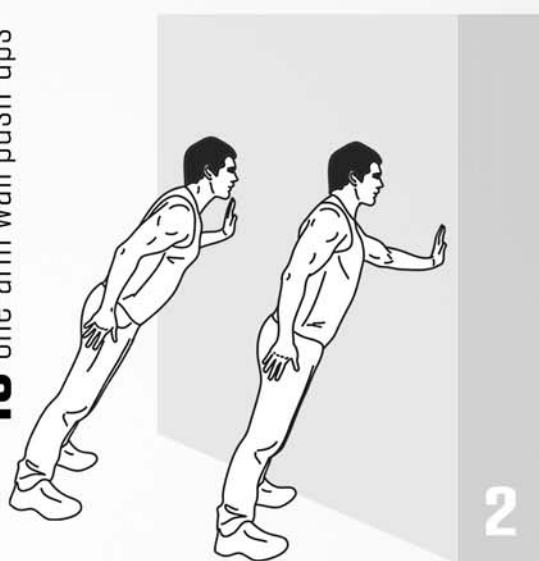
Office **Push-Ups**

DAREBEE WORKOUT @ darebee.com
Repeat 3 times with 1 minute rest in between.

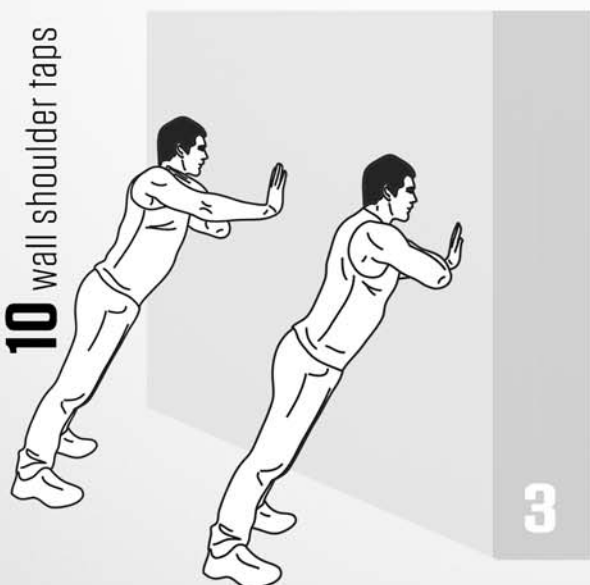
10 wall push-ups



10 one-arm wall push-ups



10 wall shoulder taps



10 one-arm side wall push-ups

