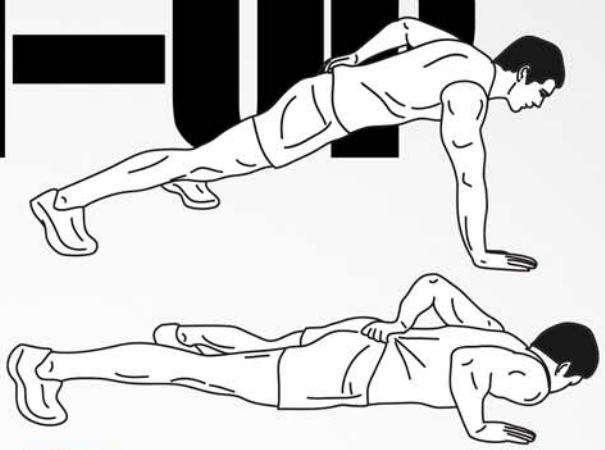
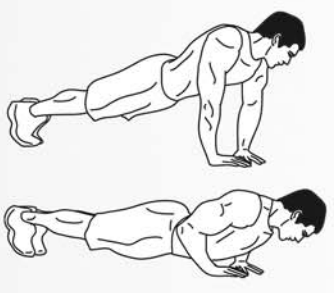


# ONE ARM PUSH-UP PREP

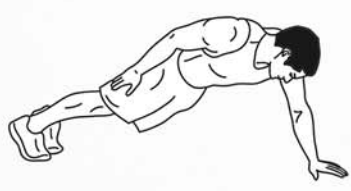
*attempt  
when ready*



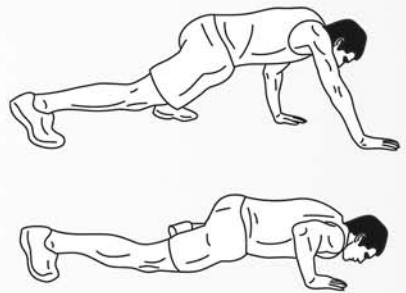
DAREBEE WORKOUT © [darebee.com](http://darebee.com)



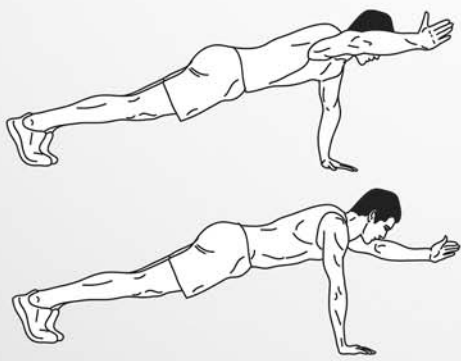
**10 diamond push-ups**  
**x 3 sets**  
60sec rest between sets



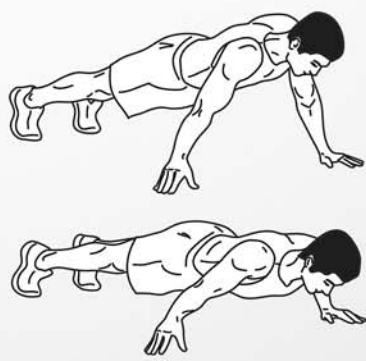
**30sec**  
**one arm plank hold**  
per side



**10 dragon push-ups**  
**x 3 sets**  
60sec rest between sets



**30 plank arm raises** x 3 sets  
60sec rest between sets



**10 archer push-ups** x 3 sets  
60sec rest between sets