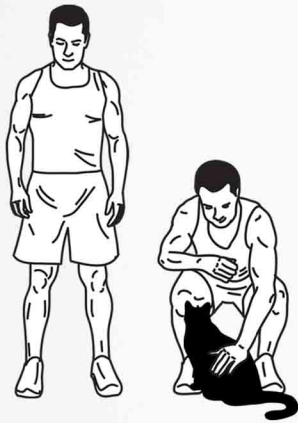
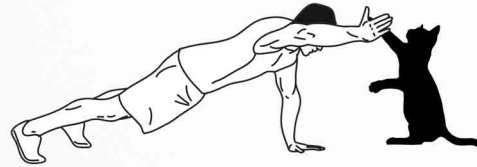
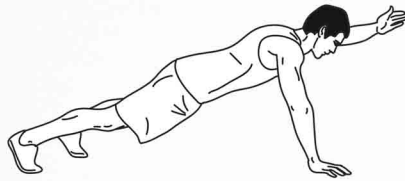


PAWS

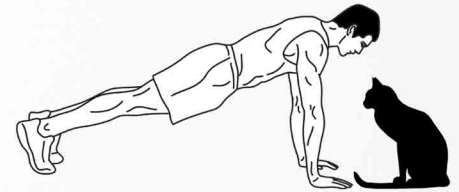
WORKOUT WITH A CAT BY DAREBEE @ darebee.com
10 reps each | 3 sets | up to 2 minutes rest between sets



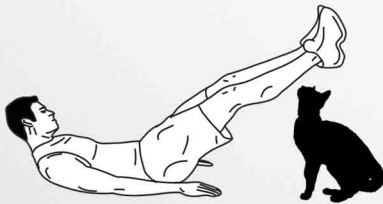
squat & pet



plank high-fives



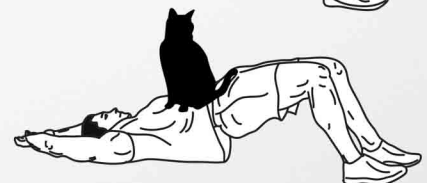
supervised push-ups



over the cat raises



extra weight crunches



extra weight bridges