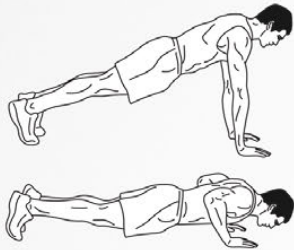


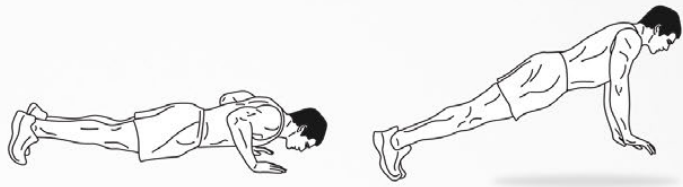
POWER BOOST

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



10 push-ups x 5 sets
30 seconds rest between sets

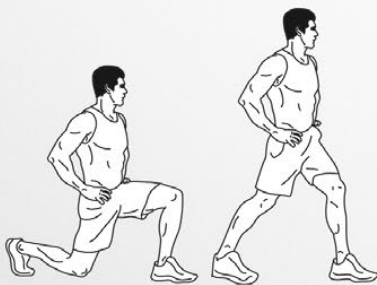
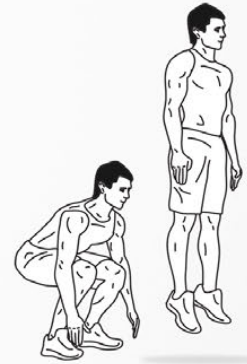


Finish each set with 2 power push-ups.
Clear the floor each time.

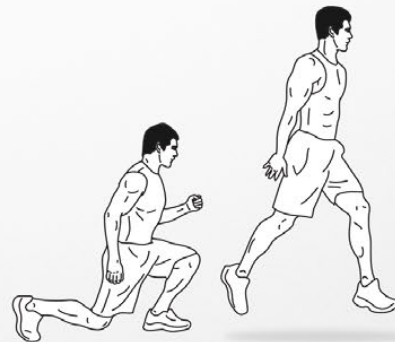


10 squats x 5 sets
30 seconds rest between sets

Finish each set
with 2 jump squats.
Clear the floor each time.



10 split lunges x 5 sets
30 seconds rest between sets



Finish each set with 2 jumping lunges.
Clear the floor each time.