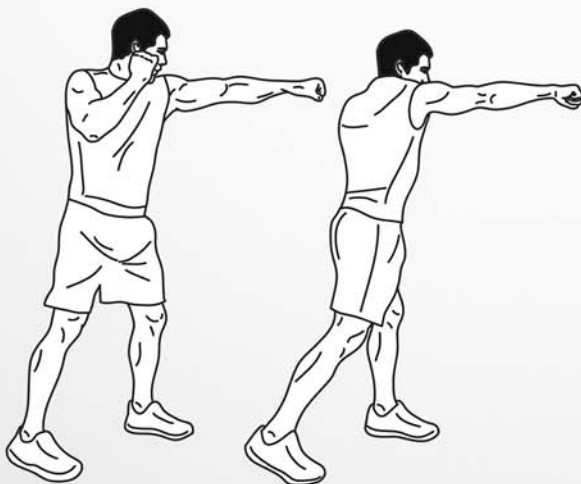
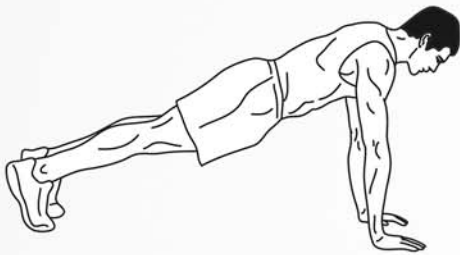


POWER PUNCH

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest

EXPRESS



5 push-ups

20 punches

5 push-ups

20 punches

5 push-ups

20 punches

5 push-ups

20 punches

done