

# SCULPTOR

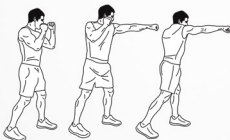
DAREBEE WORKOUT FOR ARMS, CHEST AND BACK

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**10** push-ups  
**40** punches  
**10** push-ups  
**40** punches  
**10** push-ups  
**40** punches  
**30 seconds** rest

go as fast as you can,  
non-stop



**1 minute** punches  
**30 seconds** rest  
**1 minute** punches  
**30 seconds** rest

100 reps per side,  
then change.



**200**  
backfists

Done!