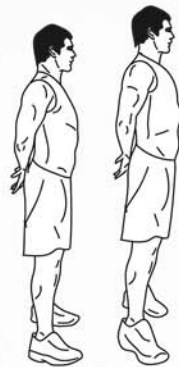


# STAMINA BUILDER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



**3min** high knees



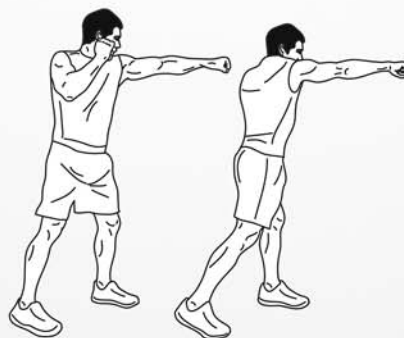
**3min** calf raises



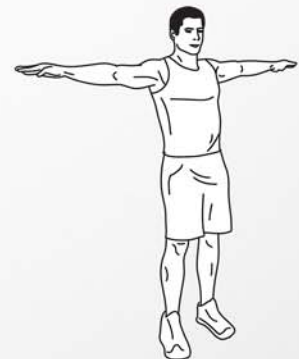
**3min** wall-sit



**3min** elbow plank hold



**3min** punches



**3min** raised arm hold