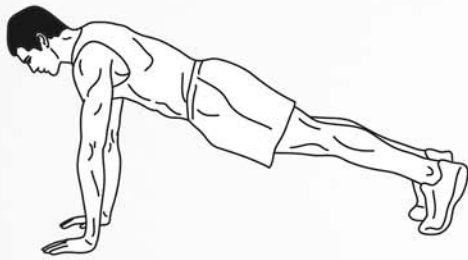


SUPER ***SWITCH***

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



- roll over for a faster switch -



5 push-ups

10 crunches

5 push-ups

10 crunches

5 push-ups

10 crunches

5 push-ups

10 crunches

5 push-ups

10 crunches

done