

SUPERHERO

MODE

DAREBEE WORKOUT

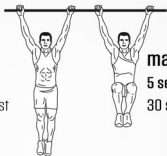
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30 seconds rest

between exercises



max pull-ups
5 sets in total
30 seconds rest



max knee-ups
5 sets in total
30 seconds rest



max
shrimp squats
5 sets in total
30 seconds rest



max
push-up crunches
5 sets in total
30 seconds rest



max
single leg bridges
5 sets in total
30 seconds rest



max
V-ups
5 sets in total
30 seconds rest