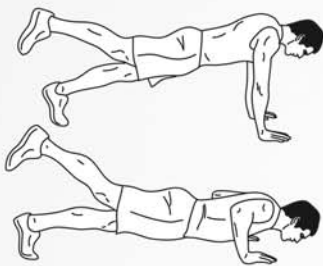
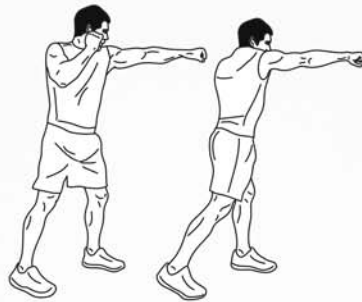


superhero upperbody

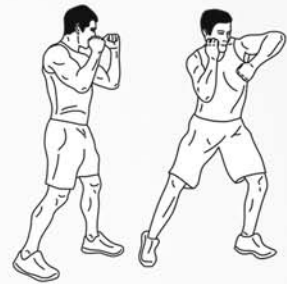
DAREBEE WORKOUT © darebee.com



20 raised leg push-ups
5 sets in total
30 seconds rest



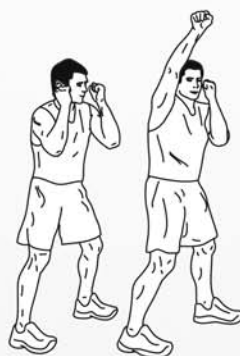
3 minutes
punches
non-stop



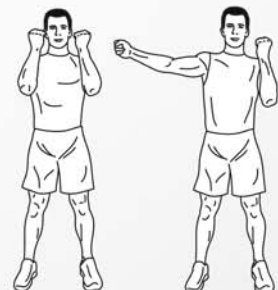
3 minutes
elbow strikes
non-stop



20 push-up shoulder taps
5 sets in total
30 seconds rest



3 minutes
overhead punches
non-stop



3 minutes
side-to-side backfists
non-stop