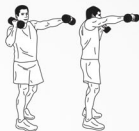


VALOUR

DAREBEE WORKOUT @ darebee.com



60 seconds farmer's walk
3 sets in total
60 sec rest in between



60 seconds punches
3 sets in total
60 sec rest in between



30 seconds
overhead punches
3 sets in total
60 sec rest in between



30 seconds
renegade rows
3 sets in total
60 sec rest in between



30 seconds
sitting twists
3 sets in total
60 sec rest in between