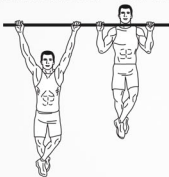


# 50

## PULL-UPS & SQUATS

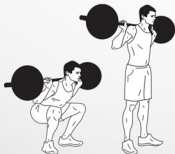
MINI WORKOUT BY DAREBEE @ [darebee.com](http://darebee.com)

Repeat 5 times in total Wait until fully rested before sets.



10 PULL-UPS

50 CRUNCHES



10 SQUATS