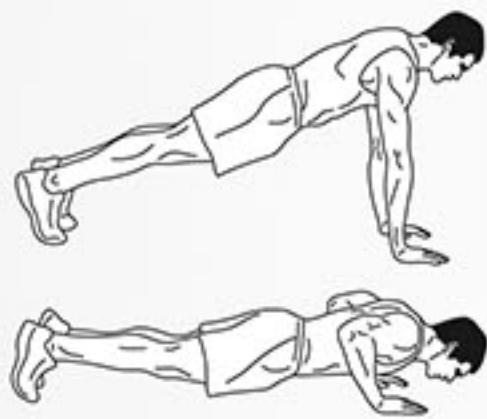


50 PUSH-UPS

DAREBEE WORKOUT @ darebee.com

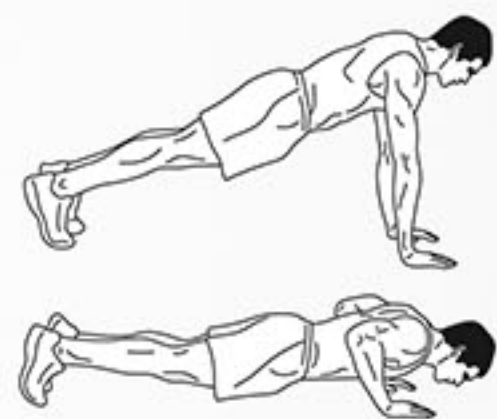
Repeat 5 times in total 2 minutes rest between sets



4 push-ups



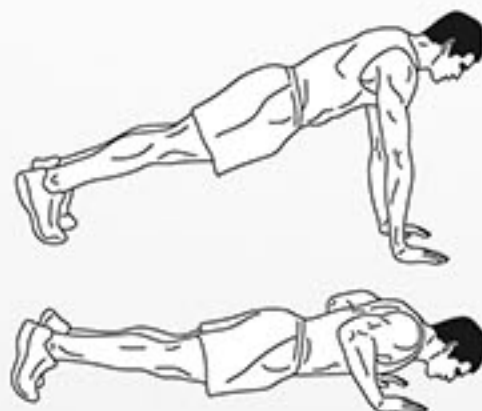
20 chest expansions



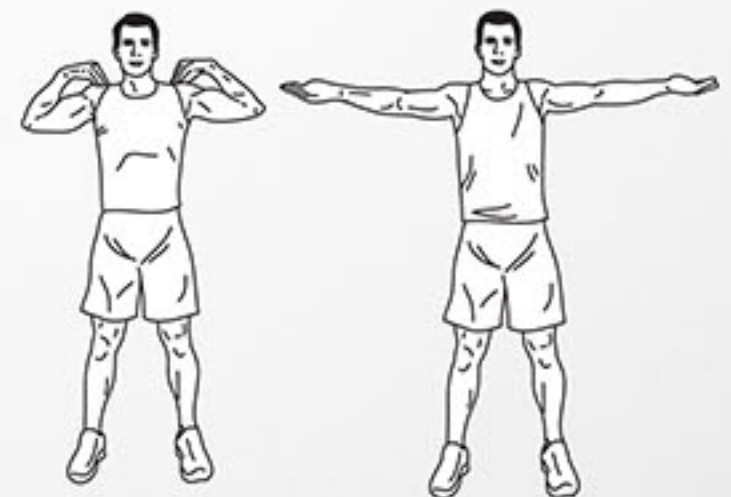
4 push-ups



20 bicep extensions



2 push-ups



20 side shoulder taps