

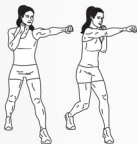
arms & abs

DAREBEE WORKOUT

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Repeat 5 times

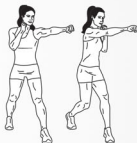
2 minutes rest
between sets



30 punches



5 push-ups



30 punches



30sec elbow plank



30sec raised leg plank



30sec side plank