

BEAST MODE

DAREBEE WORKOUT

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up to 2 minutes
rest between exercises



max
pull-ups
4 sets in total
30 seconds rest



max
knee-up twists
4 sets in total
30 seconds rest



max
push-ups
4 sets in total
30 seconds rest



max
jump squats
4 sets in total
30 seconds rest

max elbow plank hold
in one go



max
jumping lunges
4 sets in total
30 seconds rest