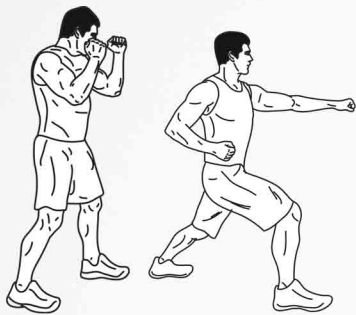


BOSS FIGHT



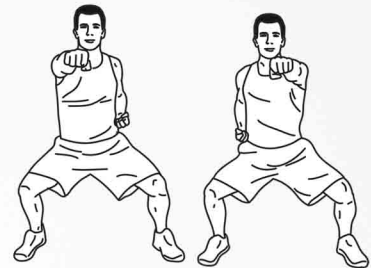
DAREBEE WORKOUT @ darebee.com
1 bar = 1 set rest between sets up to 2 minutes



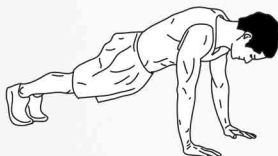
20 lunge punches



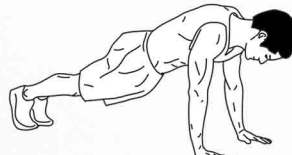
20 squat + uppercut



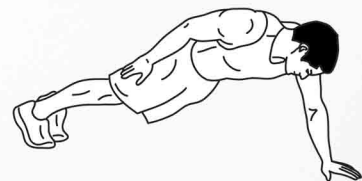
20 squat hold punches



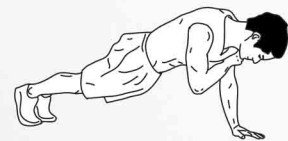
10 shoulder taps



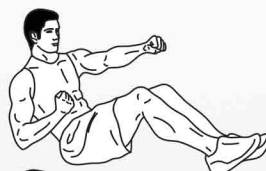
10 push-ups



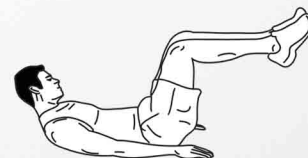
10-count one-arm plank



10 sit-up punches



10 sitting punches



10 crunch kicks

