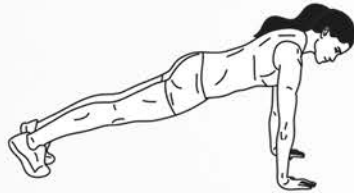


BURPEE QUEEN

DAREBEE WORKOUT @ darebee.com

Note: if you can't do push-ups,
do basic burpees instead.



10 burpees

20-count rest

8 burpees

20-count rest

6 burpees

20-count rest

4 burpees

20-count rest

2 burpees

done