

Catch & Release

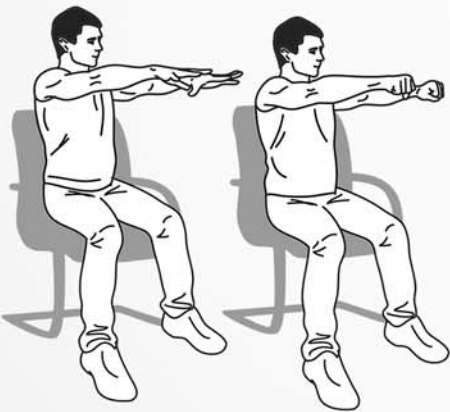
DAREBEE WORKOUT
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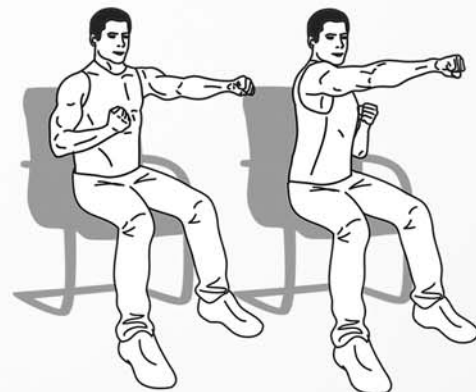
overhead clench
20



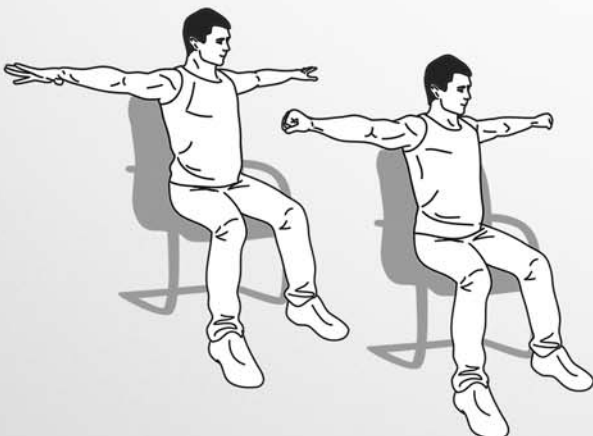
overhead punches
20



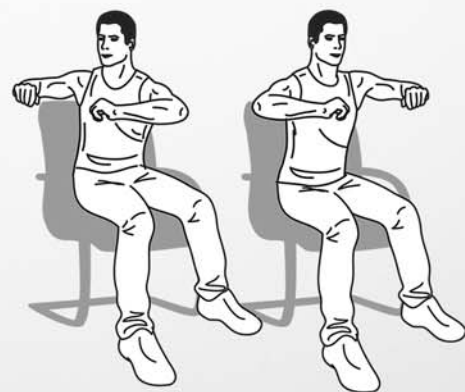
extended clench
20



punches
20



side extended clench
20



torso twists
20