

CHEST & CORE

DAREBEE
WORKOUT
© darebee.com

30 seconds rest
between exercises



10 chest press
5 sets | 30sec rest



10 flys
5 sets | 30sec rest



10 pull overs
5 sets | 30sec rest



10 knee crunches
5 sets | 30sec rest



10 sitting twists
5 sets | 30sec rest