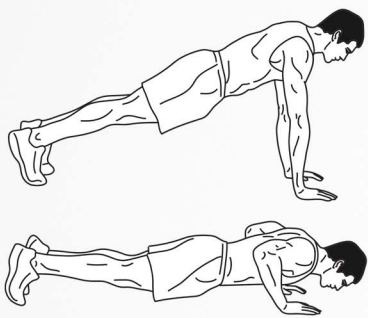


EPIC CHEST

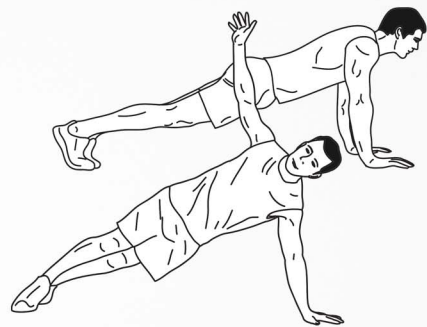
DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



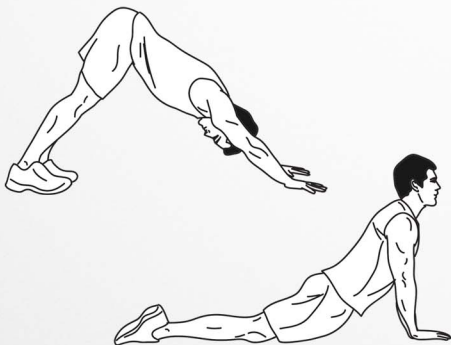
to fatigue push-ups
x 3 sets in total

30 seconds rest between sets



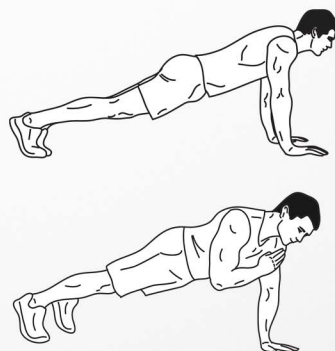
to fatigue plank rotations
x 3 sets in total

30 seconds rest between sets



to fatigue upward downward dog
x 3 sets in total

30 seconds rest between sets



to fatigue shoulder taps
x 3 sets in total

30 seconds rest between sets