

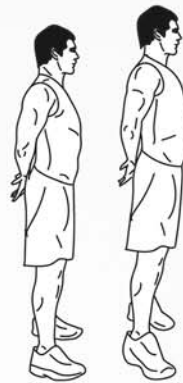
GLADIOLUS

FINAL FANTASY XV TRIBUTE WORKOUT

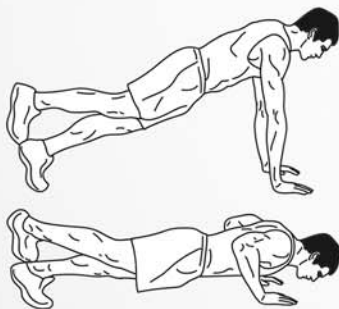
by DAREBEE @ darebee.com



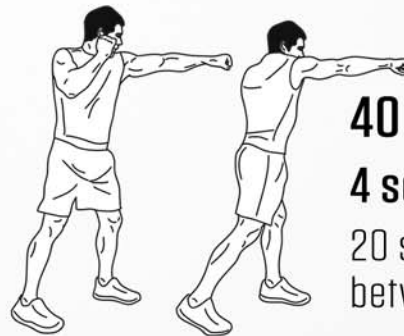
20 lunges
4 sets
10 lunges per leg
20 seconds rest
between sets



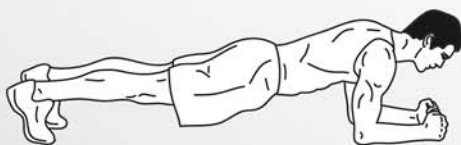
20 calf raises
4 sets
20 seconds rest
between sets



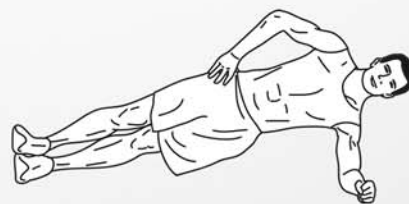
to failure
stacked push-ups
4 sets
20 seconds rest
between sets



40 punches
4 sets
20 seconds rest
between sets



2 minutes elbow plank



2 minutes side elbow plank
60 seconds per side