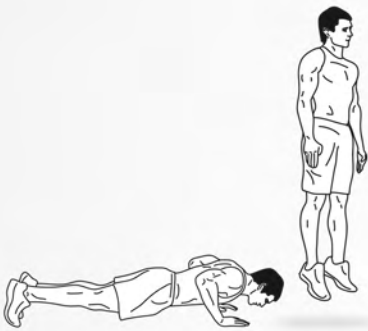


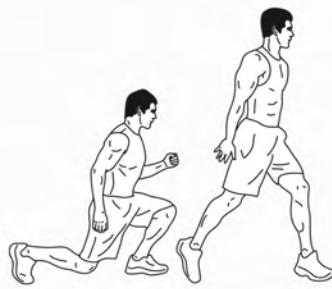
last **minute**

DAREBEE WORKOUT @ darebee.com

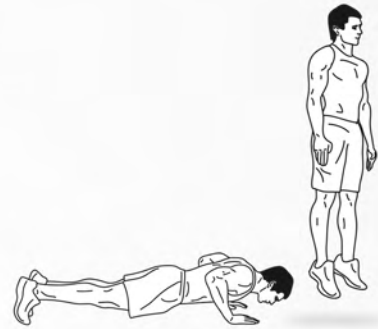
10 seconds each exercise | no rest between exercises



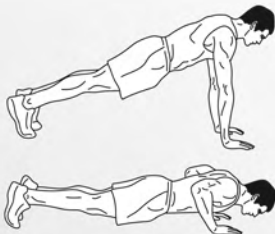
burpees



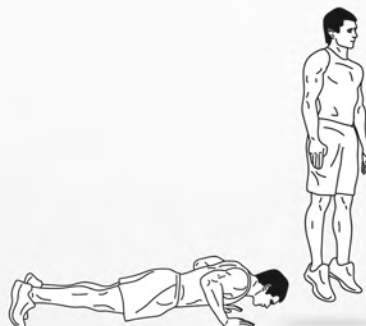
jumping lunges



burpees



push-ups



burpees



jump squats