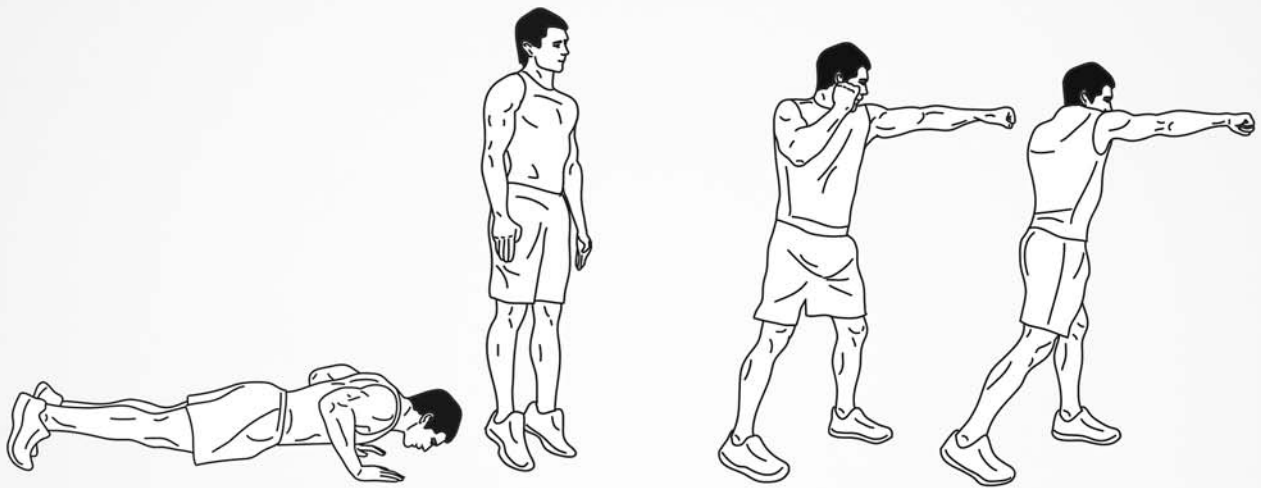


MADMAN

WORKOUT by DAREBEE © darebee.com

3 sets | 2 minutes rest between sets



10 burpees

20 punches (jab + cross)

10 burpees

20 punches (jab + cross)

10 burpees

20 punches (jab + cross)

10 burpees

20 punches (jab + cross)

done