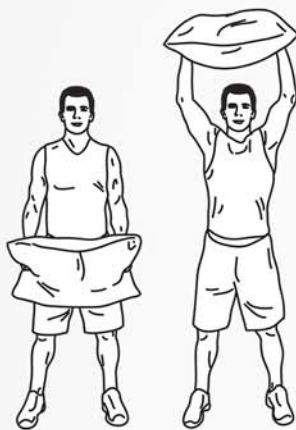


# pillow fight

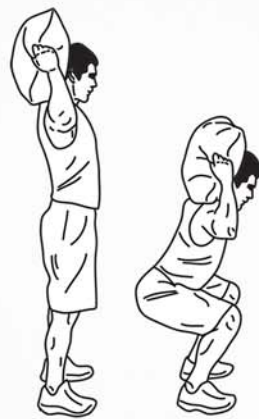
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

repeat 5 times | up to 2 minute rest between sets

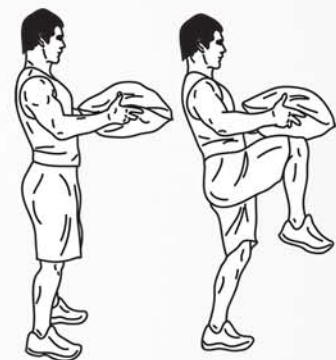
IN COLLABORATION WITH **NHS** choices



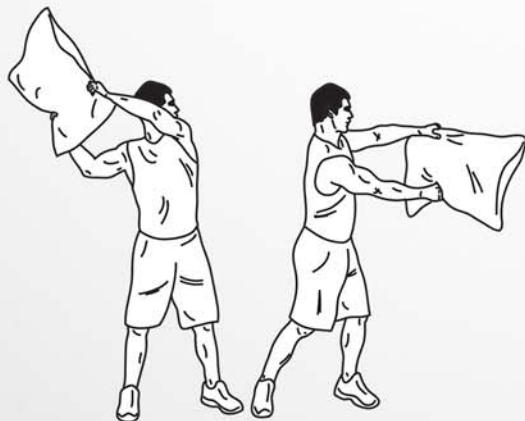
**10** pillow presses



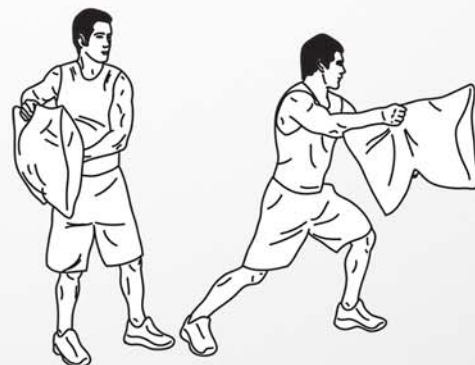
**5** pillow squats



**10** pillow high knees



**10** pillow strikes



**10** pillow lunges