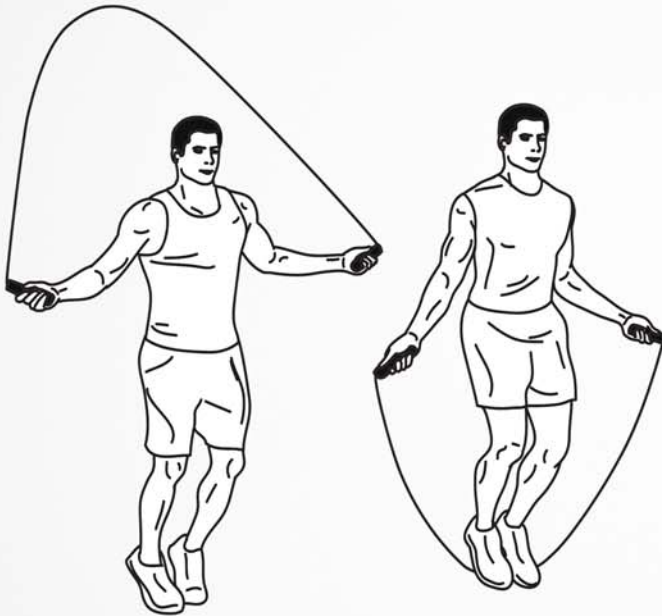


POWER LINE

DAREBEE WORKOUT

@ darebee.com

5 sets | 2 minutes rest



30 jump rope skips

3 push-ups

30 jump rope skips

3 push-ups

30 jump rope skips

3 push-ups

30 jump rope skips

3 push-ups

30 jump rope skips

3 push-ups

done

