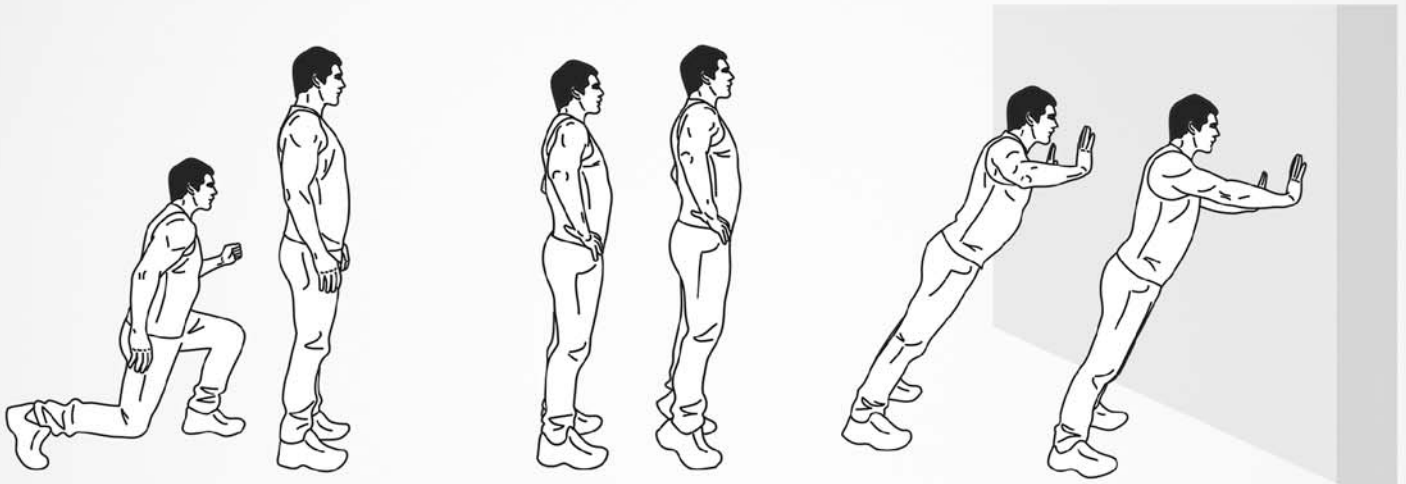


# Power Switch

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

repeat 3 times with 1 minute rest in between



**10** reverse lunges

**5** calf raises

**5** wall push-ups

**10** reverse lunges

**5** calf raises

**5** wall push-ups

**10** reverse lunges

**5** calf raises

**5** wall push-ups

done