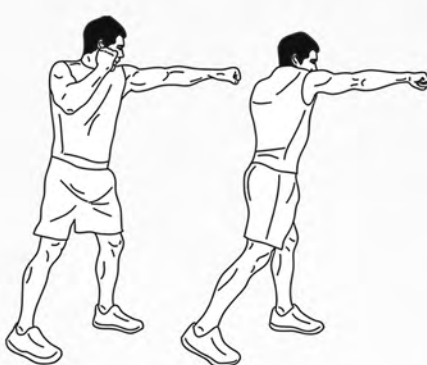
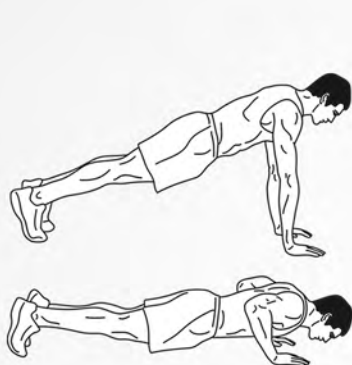


SCULPTOR

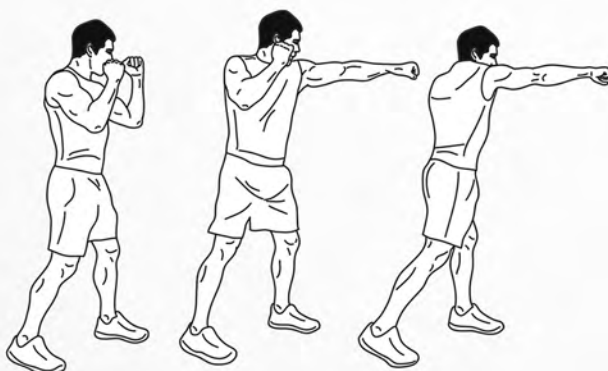
DAREBEE WORKOUT FOR ARMS, CHEST AND BACK

@ darebee.com



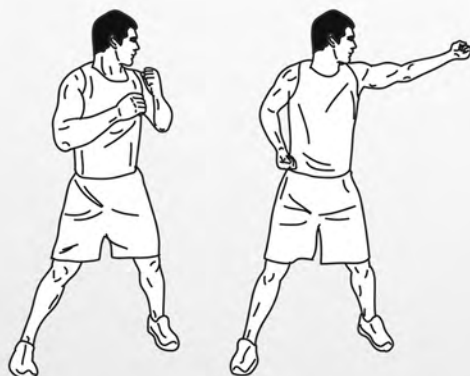
10 push-ups
40 punches
10 push-ups
40 punches
10 push-ups
40 punches
1 minutes rest

go as fast as you can,
non-stop



1 minute punches
1 minutes rest
1 minute punches
1 minutes rest

100 reps per side,
then change.



200
backfists

Done!