

SPACE MARINE

DAREBEE WORKOUT @ darebee.com

30 seconds rest between exercises



20 split squats

4 sets | 30 seconds rest



max decline push-ups

4 sets | 30 seconds rest



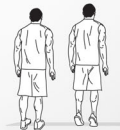
10-count dead hang

4 sets | 30 seconds rest



10 knee-in & twist

4 sets | 30 seconds rest



10 elevated calf raises

4 sets | 30 seconds rest