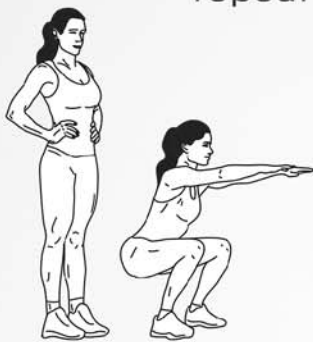
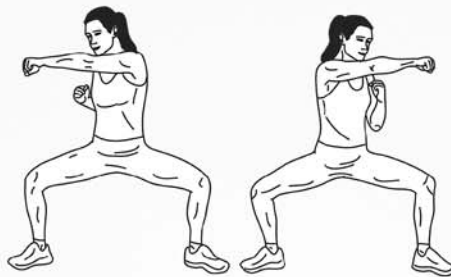


# superset

DAREBEE WORKOUT © [darebee.com](http://darebee.com)  
repeat 3 times with 1 minute rest in between



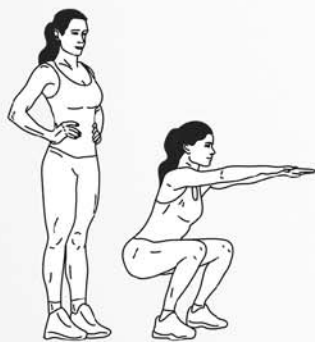
10 squats



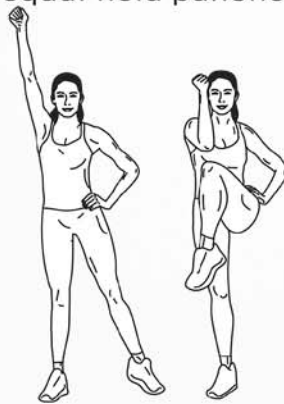
10 squat hold punches



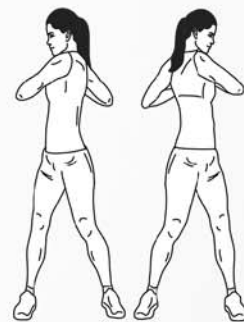
10 step back + knee-ups



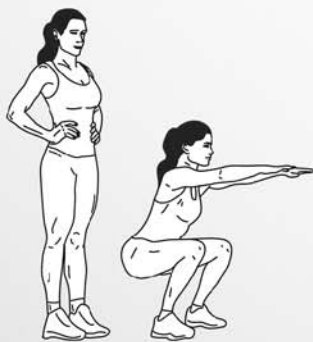
10 squats



10 knee-to-elbows



10 torso rotations



10 squats



10 single leg squats



10 back kicks