

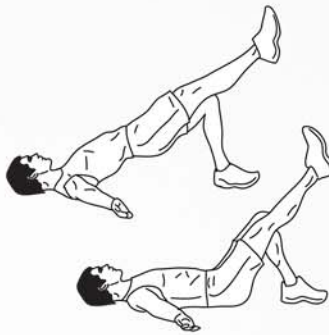
SUPER SIZER

DAREBEE WORKOUT
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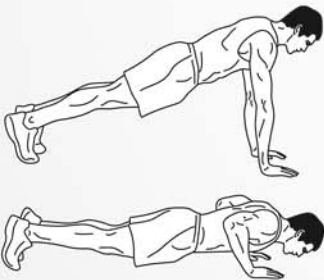
2 minutes rest
between exercises



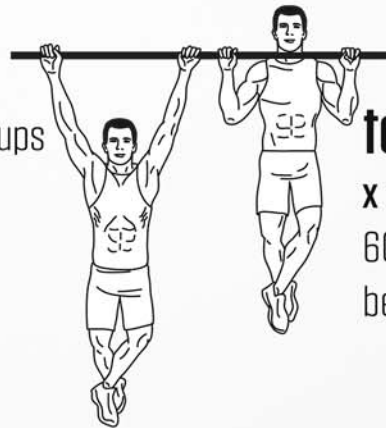
20 shrimp squats
x 4 sets in total
30 seconds rest
between sets



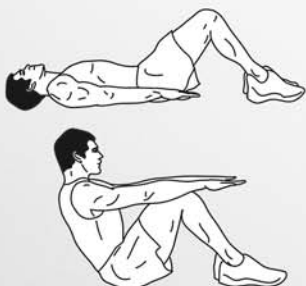
20 single leg bridges
x 4 sets in total
30 seconds rest
between sets



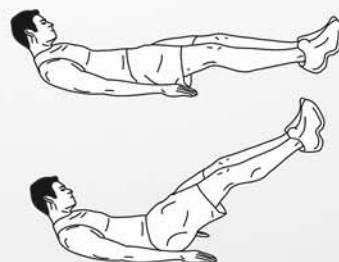
to failure push-ups
x 4 sets in total
30 seconds rest
between sets



to failure pull-ups
x 4 sets in total
60 seconds rest
between sets



20 sit-ups
x 4 sets in total
30 seconds rest
between sets



20 leg raises
x 4 sets in total
30 seconds rest
between sets