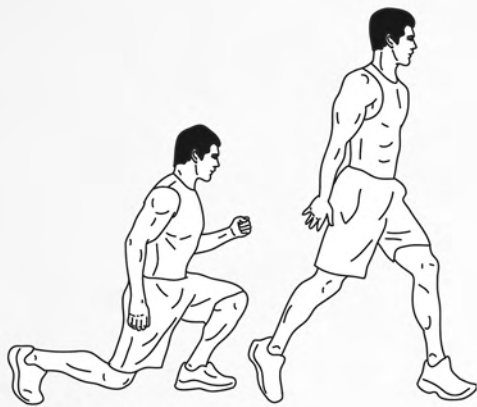


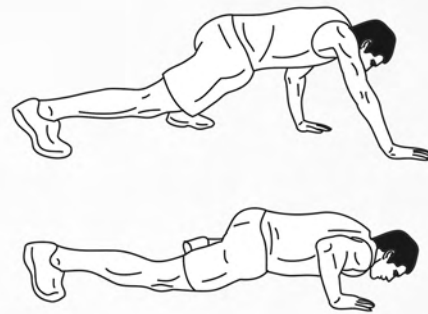
TEMPLAR

DAREBEE WORKOUT @ darebee.com

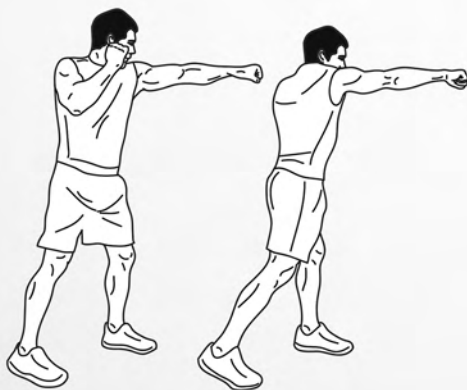
2 minutes rest between exercises



20 jumping lunges x **3 sets** in total
20 seconds rest between sets



20 dragon push-ups x **3 sets** in total
20 seconds rest between sets



40 punches x **3 sets** in total
20 seconds rest between sets



20 knee-to-elbow crunches x **3 sets** in total
20 seconds rest between sets