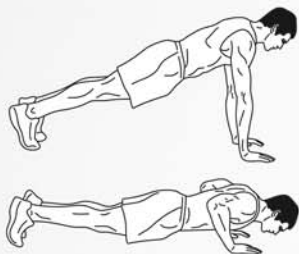


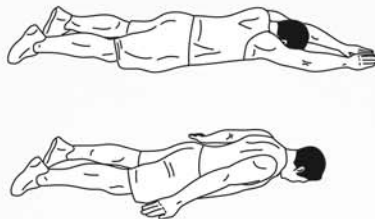
TOTAL UPPERBODY

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



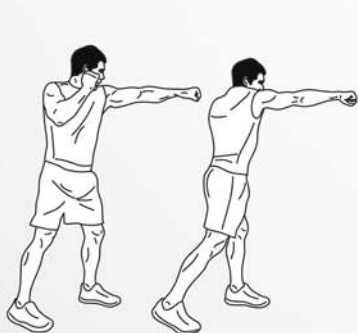
10 push-ups
x 5 sets in total
20 seconds rest
between sets



10 reverse angels
x 3 sets in total
20 seconds rest
between sets



10 plank rotations
x 5 sets in total
20 seconds rest
between sets



50 punches
x 5 sets in total
20 seconds rest
between sets



50 overhead punches
x 5 sets in total
20 seconds rest
between sets



50 raised arm circles
x 5 sets in total
20 seconds rest
between sets