

SUCKER PUNCH

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



4 squats

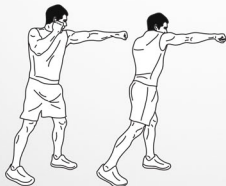
20 punches

4 squats

20 punches

4 squats

20 punches



4 squats

20 punches

4 squats

20 punches