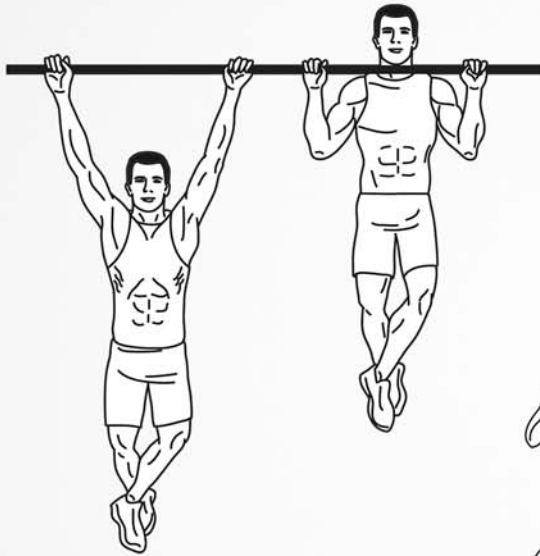


# THE DEMIGOD

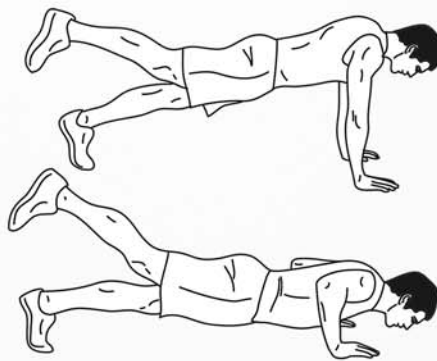
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

2 minutes rest between exercises



**to failure** pull-ups x 4 sets

30 seconds rest between sets

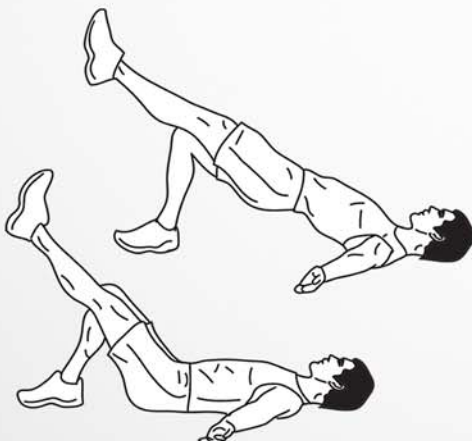


**to failure**

raised leg push-ups

**x 4 sets** in total

30 seconds rest between sets



**20** single leg bridges x 4 sets in total

30 seconds rest between sets

**3 minutes** raised leg elbow plank

90 seconds per side / change legs on the fly

