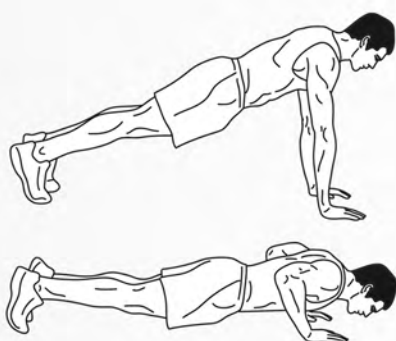


POWER GAINER

DAREBEE WORKOUT @ darebee.com

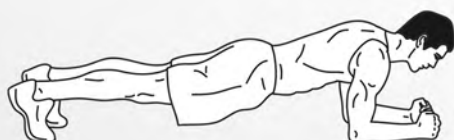
2 minutes rest between exercises



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



60sec wall-sit x **3 sets** in total
30 seconds rest between sets



3 minutes elbow plank hold
once, in one go



3 minutes side elbow plank hold
once, in one go