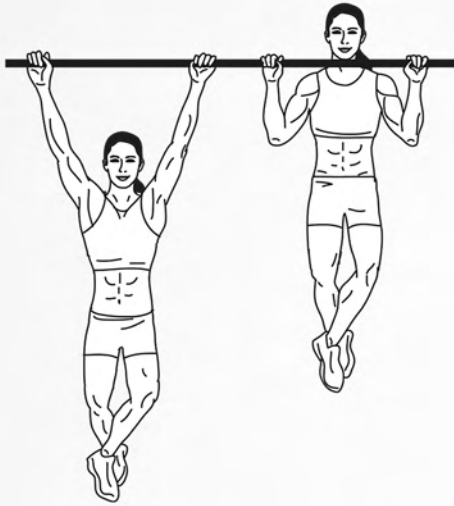
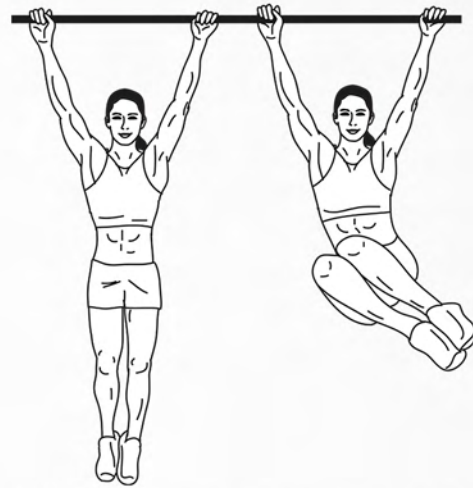


TOMBOY

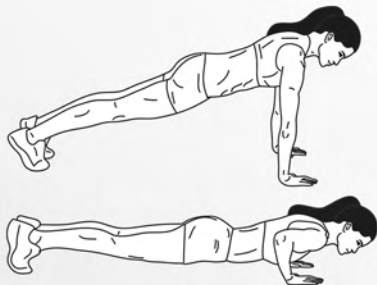
DAREBEE WORKOUT © darebee.com



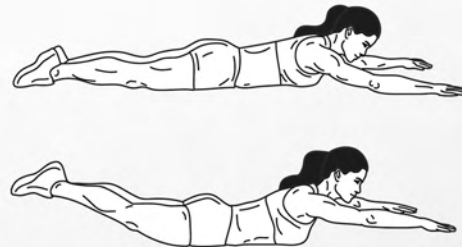
to failure pull-ups x 4 sets
30 seconds rest between sets



10 knee-up and twists x 4 sets
30 seconds rest between sets



to failure push-ups x 4 sets
30 seconds rest between sets



10 superman extensions x 4 sets
30 seconds rest between sets