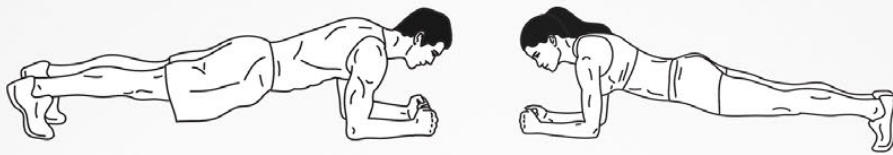
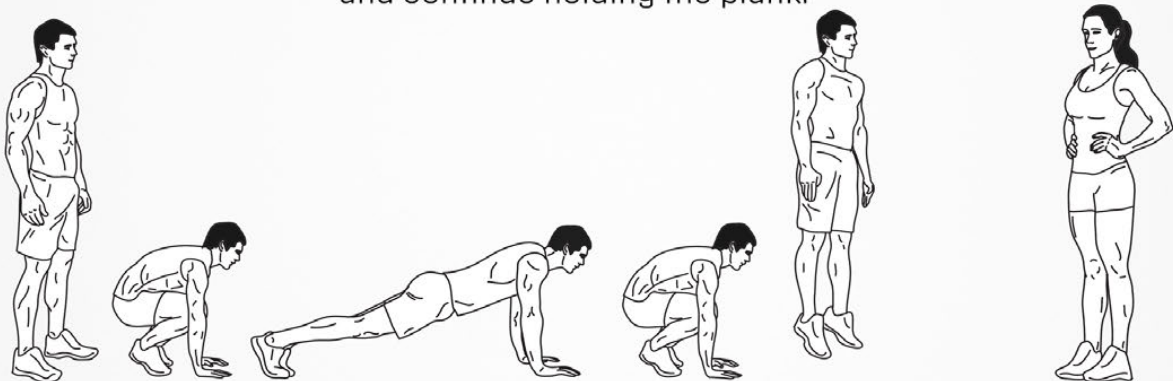


You & Me

DAREBEE WORKOUT GAME @ darebee.com

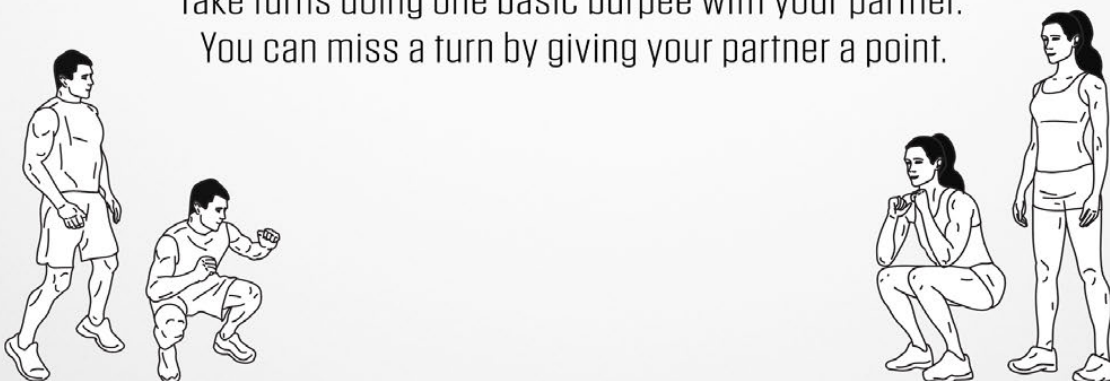


Set a timer for **2 minutes**. Hold the elbow plank together and don't drop down. Each time you do, you give a point to your partner. Get back up immediately and continue holding the plank.



Set a timer for **60 seconds**.

Take turns doing one basic burpee with your partner. You can miss a turn by giving your partner a point.



Set a timer for **30 seconds** and do squats together. If you do fewer squats when the time is up, you give 3 points to your partner.

Whoever has the most points in total wins.