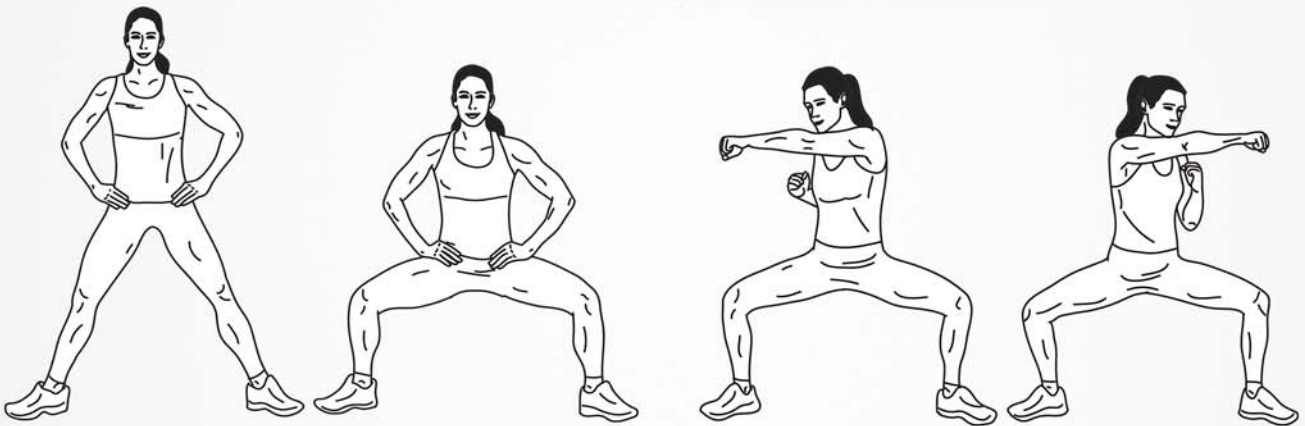


# Super Charge

FULL BODY WORKOUT by [@ darebee.com](https://www.darebee.com)



**5** squats

**10** squat hold punches

**10** squats

**20** squat hold punches

**15** squats

**30** squat hold punches

**20** squats

**40** squat hold punches

done