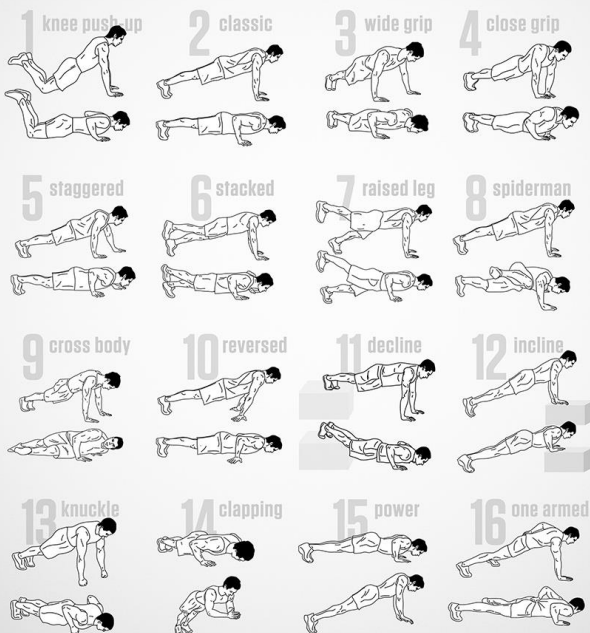


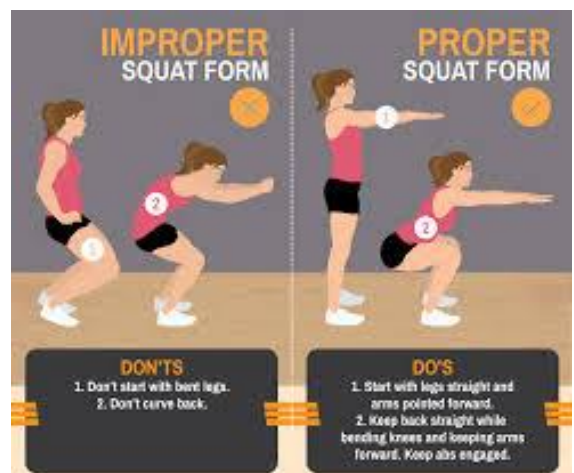
Push-Ups Variations

DAREBEE
© darebee.com



FOCUS *on* FORM

forearm plank



JUMPING JACKS

