

Larry Lost His Barbell Workout

Tuesday, April 21, 2020 8:28 AM

Larry Lost His Barbell Workout



10-9-8-7-6-5-4-3-3-1 Complete 10 repetitions of each exercise and then proceed down to 9,8,7 etc. until you get to 1.

Air Squats

<https://darebee.com/exercises/squats-exercise.html>

Push-ups

<https://darebee.com/exercises/push-ups.html>

Glute Bridges

<https://darebee.com/exercises/bridges-exercise.html>

Up and Down Planks

<https://darebee.com/exercises/up-and-down-planks.html>