

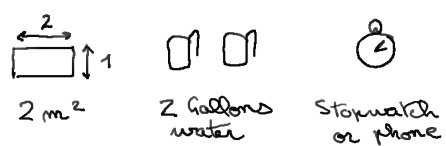
# The Daily Derby Hell Workout

by Dr. Frog  
v1.0

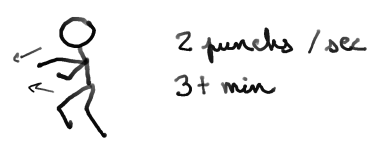
Plank 1 → 2 min front & each side



What you need

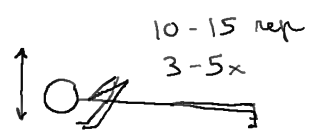


Shadow Boxing



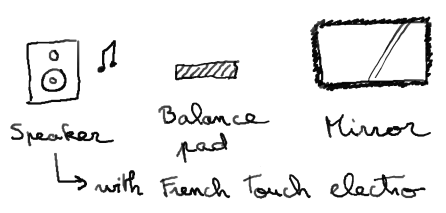
2 punches / sec  
3+ min

Push-ups



10-15 rep  
3-5x

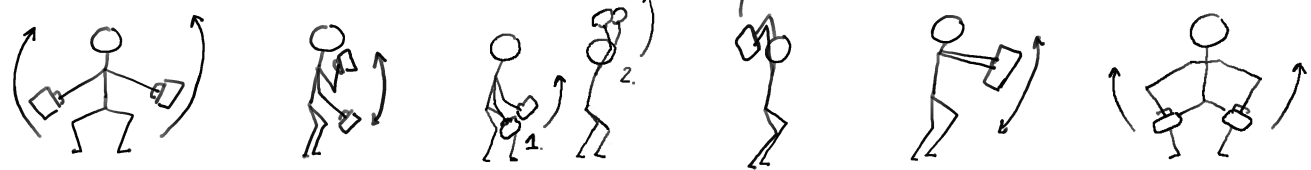
Nice to have



Speaker  
Balance pad  
Mirror  
↳ with French Touch electro

Gallon lifting

1 → 2 min each, 2x



Russian Twist



Crunches



Abs



1-2 min  
or  
as much  
as you can

One Foot



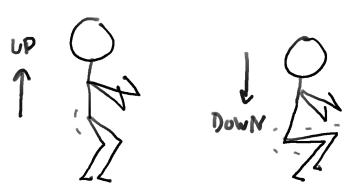
1 min  
Eyes { Open  
Closed

Bridge



1-2 min

Sally



Moby - Flower  
♪ Bring Sally Up!