

# BIG BACK

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**12** push-up renegade rows  
**x 4 sets** in total  
20 seconds rest



**8** shoulder press  
**x 4 sets** in total  
20 seconds rest



**8** tricep extensions  
**x 4 sets** in total  
20 seconds rest



**8** deadlifts  
**x 4 sets** in total  
20 seconds rest



**8** lateral raises  
**x 4 sets** in total  
20 seconds rest



**12** shrugs  
**x 4 sets** in total  
20 seconds rest