

BULK UP

DAREBEE WORKOUT

@ darebee.com

2 minutes rest
between exercises

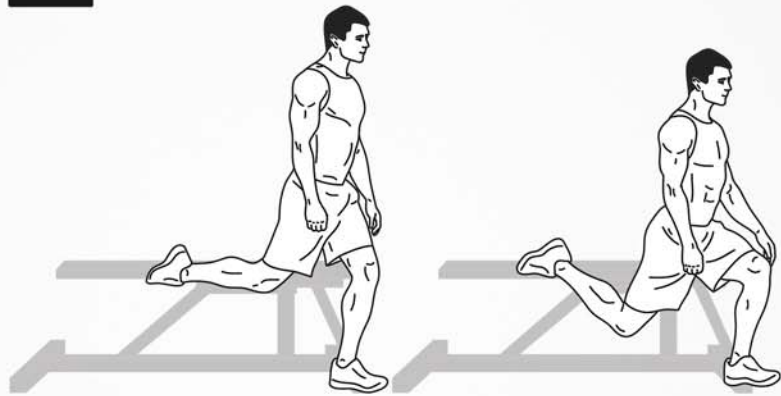
to failure

split lunges

x 3 sets in total

20 seconds rest

between sets



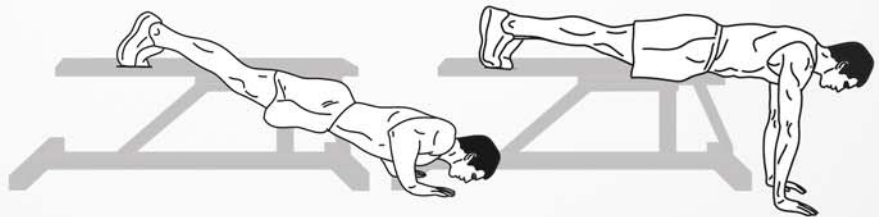
to failure

declined push-ups

x 3 sets in total

20 seconds rest

between sets



to failure

leg raises

x 3 sets in total

20 seconds rest

between sets

