

BUTCHER

DAREBEE WORKOUT © darebee.com



10 hammer curls
x 3 sets in total
20 seconds rest
between sets



10 chest rows
x 3 sets in total
20 seconds rest
between sets



10 deadlifts
x 3 sets in total
20 seconds rest
between sets



10 shoulder press
x 3 sets in total
20 seconds rest
between sets



10 tricep extensions
x 3 sets in total
20 seconds rest
between sets



10 lateral raises
x 3 sets in total
20 seconds rest
between sets