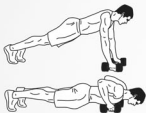


# CHEST & BACK

DAREBEE  
WORKOUT

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60 seconds rest  
between exercises



push-ups

**12/10/8/6 reps**

30 seconds rest  
between sets



renegade rows

**6/5/4/3 reps per arm**

30 seconds rest  
between sets



chest press

**12/10/8/6 reps**

30 seconds rest  
between sets



reverse angels

**12/10/8/6 reps**

30 seconds rest  
between sets



W-extensions

**12/10/8/6 reps**

30 seconds rest  
between sets



back extensions

**12/10/8/6 reps**

30 seconds rest  
between sets

