

# epic gains

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

60 seconds rest  
between exercises



**12** bicep curls into shoulder press  
**5 sets in total**  
60 sec rest in between



**8** bent over lateral raises  
**5 sets in total**  
60 sec rest in between



**12** calf raises  
**5 sets in total**  
60 sec rest in between



**12** squats  
**5 sets in total**  
60 sec rest in between



**12** side lunges  
**5 sets in total**  
60 sec rest in between