

# FARMER

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 shrugs



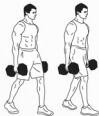
10 farmer carry steps



10 alt bicep curls



10 shrugs



10 farmer carry steps



10 upright rows



10 shrugs



10 farmer carry steps



10 shoulder press