

DAREBEE WORKOUT © darebee.com

FULL BODY BUILT



12 reverse lunges x 5 sets in total
60 seconds rest between sets



12 squat into shoulder press x 5 sets in total
60 seconds rest between sets



12 bicep curls x 5 sets in total
60 seconds rest between sets



12 upright rows x 5 sets in total
60 seconds rest between sets