

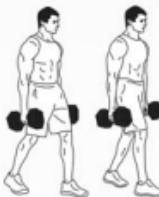
# THE GAINER

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

2 minutes rest between exercises



**10** lunges  
**x 3 sets** in total  
20 seconds rest  
between sets



**10 steps** farmer's walk  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** calf raises  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** Arnold's press  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** upright rows  
**x 3 sets** in total  
20 seconds rest  
between sets



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