

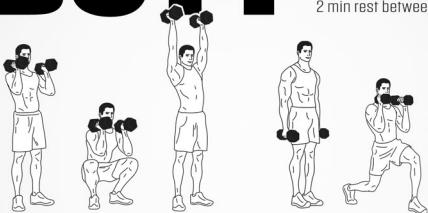
HEAVY DUTY

WORKOUT BY DAREBEE

@ darebee.com

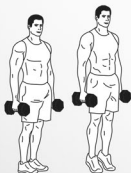
5 sets in total

2 min rest between sets



20 combos squat + shoulder press

20 combos lunge + hammer curl



20 calf raises



20 renegade row push-ups