

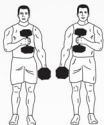
HEGEMON

DAREBEE WORKOUT @ darebee.com

30 seconds rest between exercises



12 hammer curls
5 sets | 30sec rest



12 cross curls
5 sets | 30sec rest



12 shoulder press
5 sets | 30sec rest



24 split lunges
5 sets
30sec rest



12 calf raises
5 sets
30sec rest



12 renegade rows
5 sets | 30sec rest



12 chest press
5 sets | 30sec rest