

JUST LIFT!

DAREBEE
WORKOUT

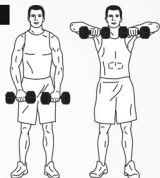
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30 seconds rest
between exercises



12 deadlifts

5 sets | 30 seconds rest



12 chest rows

5 sets | 30 seconds rest



12 bent over rows

5 sets | 30 seconds rest



12 bent over bicep curls

5 sets | 30 seconds rest