

# EVERYBODY LOVES LARGE CHEST

DAREBEE  
WORKOUT  
@ [darebee.com](https://darebee.com)

30 seconds rest  
between exercises



**12** chest rows  
**5** sets  
30sec rest



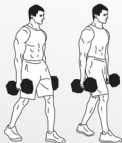
**12** bent over rows  
**5** sets  
30sec rest



**12** chest press  
**5** sets | 30sec rest



**12** flyes  
**5** sets | 30sec rest



**30sec** farmer's carry  
**5** sets | 30sec rest