

# lift & tone

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

2 minutes rest between exercises



**20** alt bicep curls  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** punches  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** side bridges  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** side leg raises  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** bridges  
**x 4 sets** in total  
20 seconds rest  
between sets



**20** glute flex  
**x 4 sets** in total  
20 seconds rest  
between sets