

# LIKE A BOSS

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



16 bicep curls



8 shrugs



8 deadlifts



16 renegade rows



to fatigue push-ups



8-count plank hold