

MASON+

DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



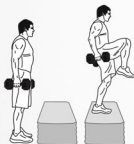
10 bicep curl steps



5 push-ups



10-count push-up hold



10 dumbbell step-ups



5 leg raises



10-count raised leg hold



10 dumbbell step-up reverse lunges



5 tricep dips



10-count tricep dip hold