

MUSCLE FACTORY

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises

UPPERBODY



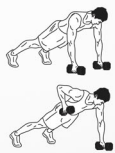
10 bicep curls
x 5 sets in total
30 seconds rest
between sets



10 deadlifts
x 5 sets in total
30 seconds rest
between sets



20 push-ups
x 5 sets in total
30 seconds rest
between sets



10 renegade rows
x 5 sets in total
30 seconds rest
between sets



10 up and down planks **x 5 sets** in total | 30 seconds rest between sets