

# PURE POWER

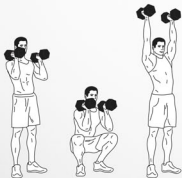
DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**to fatigue** bicep curls  
3 sets | 20 seconds rest



**to fatigue** upright rows  
3 sets | 20 seconds rest



**to fatigue** squat into shoulder press  
3 sets | 20 seconds rest



**to fatigue** renegade rows  
3 sets | 20 seconds rest