

STRENGTH & POWER

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



20 alternating
bicep curls
x 3 sets in total
20 seconds rest
between sets



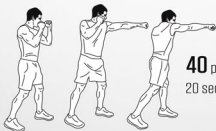
20 alternating
shoulder press
x 3 sets in total
20 seconds rest
between sets



20 bent over rows **x 3 sets** in total
20 seconds rest between sets



20 push-ups **x 3 sets** in total
20 seconds rest between sets



40 punches **x 3 sets** in total
20 seconds rest between sets