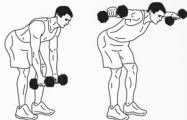


Vtaper

DAREBEE WORKOUT © darebee.com
2 minutes rest between exercises



to failure pull-ups
5 sets in total | 20 seconds rest



8 bent over raises x 5 sets in total
20 seconds rest between sets



8 kneeling rows x 5 sets in total
20 seconds rest between sets



8 shrugs x 5 sets in total
20 seconds rest between sets