

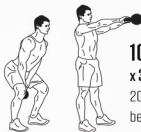
FULL-BODY KETTLEBELL

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



10 squats
x 3 sets in total
20 seconds rest
between sets



10 swings
x 3 sets in total
20 seconds rest
between sets



10 deadlifts
x 3 sets in total
20 seconds rest
between sets



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



10 side bends
x 3 sets in total
20 seconds rest
between sets



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

Full Swing

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 upright rows



12 swings



12 squats

ICON

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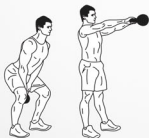
8 goblet squats
4 sets in total
30 sec rest in between



8 upward rows
4 sets in total
30 sec rest in between



8 deadlifts
4 sets in total
30 sec rest in between



8 swings
4 sets in total
30 sec rest in between



8 bent over rows
4 sets in total
30 sec rest in between

K-SCULPT

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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 squats



20 deadlifts



20 press



10 swings



10 rows



10 upright rows