

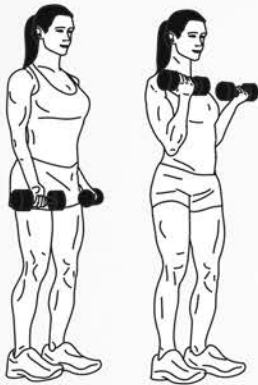
IRONHEART

IRON HEART

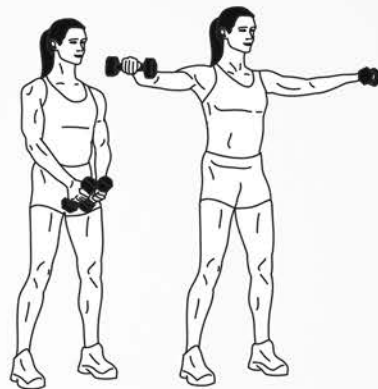
Day 1
upperbody

60 seconds rest
between sets
& exercises

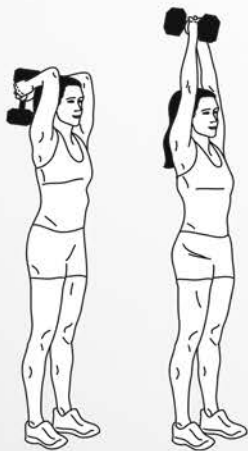
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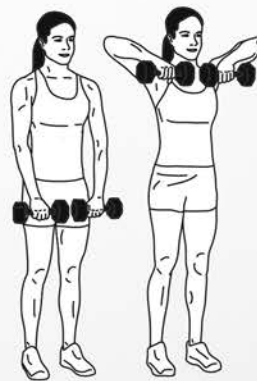
4 sets bicep curls
reps: **12, 12, 12, 12**



4 sets lateral arm raises
reps: **6, 6, 6, 6**



4 sets tricep extensions
reps: **6, 6, 6, 6**
change grip with each set



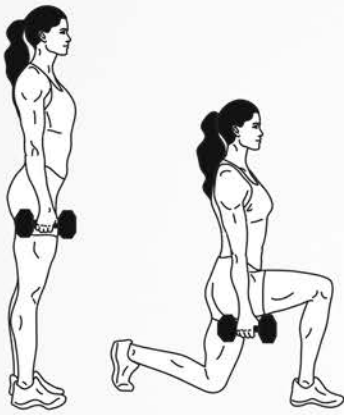
4 sets upright rows
reps: **6, 6, 6, 6**

IRON HEART

Day 2
lowerbody

60 seconds rest
between sets
& exercises

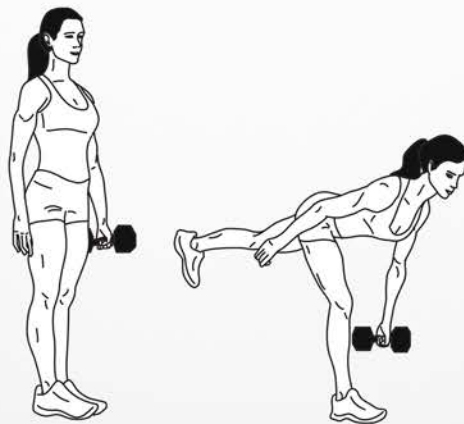
© darebee.com



4 sets forward lunges
reps: **8, 8, 8, 8**
change sides with each set



4 sets goblet squats
reps: **6, 6, 6, 6**



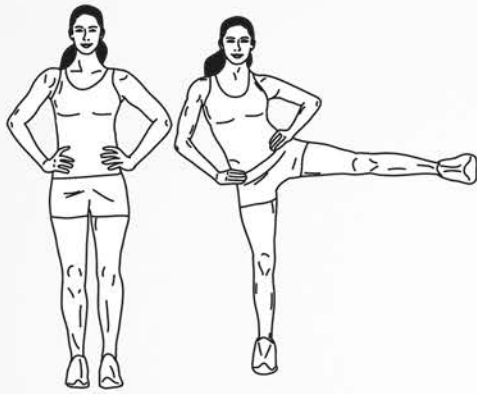
4 sets single leg deadlifts
reps: **6, 6, 6, 6**
change sides with each set

IRON HEART

Day 3
tendon strength

no rest between
exercises

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100 side leg raises

50 reps per side

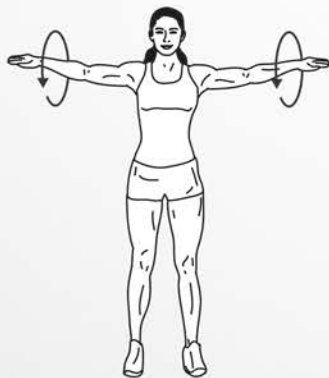
You can hold on to something.



100 back leg raises

50 reps per side

You can hold on to something.



2 minutes

raised arm circles



2 minutes

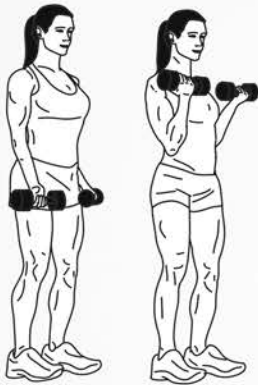
raised arm hold

IRON HEART

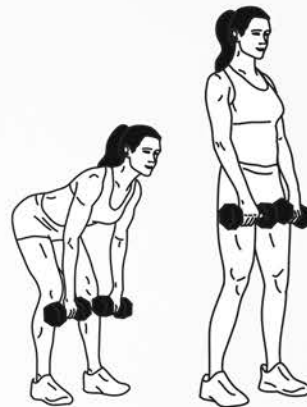
Day 4
upperbody

60 seconds rest
between sets
& exercises

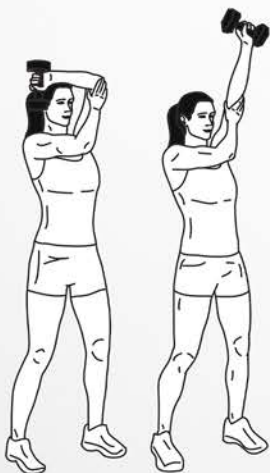
[@ darebee.com](https://darebee.com)



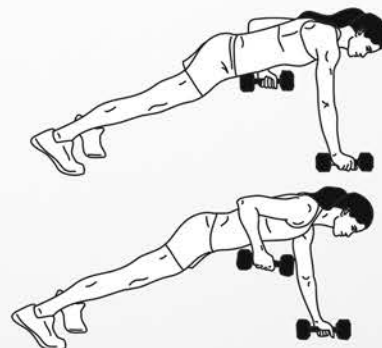
4 sets bicep curls
reps: 12, 12, 12, 12



4 sets deadlifts
reps: 6, 6, 6, 6



4 sets tricep extensions
reps: 6, 6, 6, 6
change arms with each set



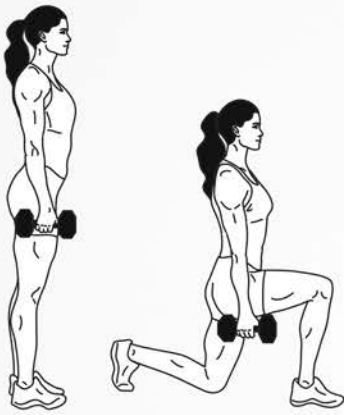
4 sets renegade rows
reps: 12, 12, 12, 12

IRON HEART

Day 5
lowerbody

60 seconds rest
between sets
& exercises

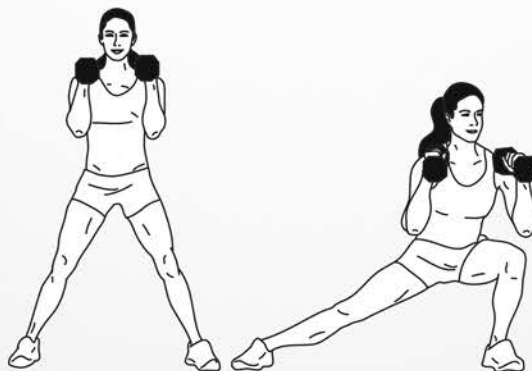
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4 sets forward lunges
reps: **8, 8, 8, 8**
change sides with each set



4 sets goblet squats
reps: **6, 6, 6, 6**



4 sets side lunges
reps: **6, 6, 6, 6**
change sides with each set

IRON HEART

Day 6
reset

Hold each pose for
60 seconds then
move on to the next one.

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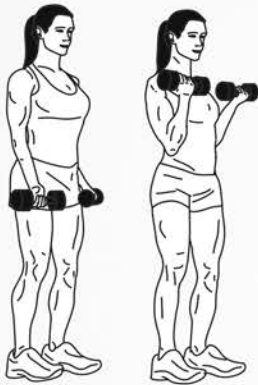


IRON HEART

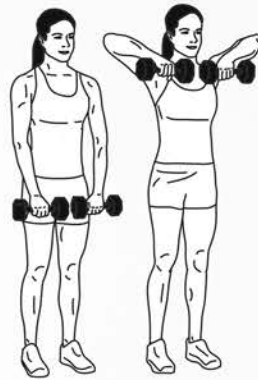
Day 7
upperbody

60 seconds rest
between sets
& exercises

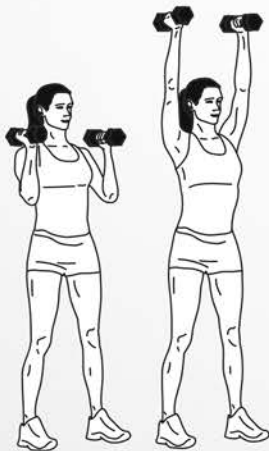
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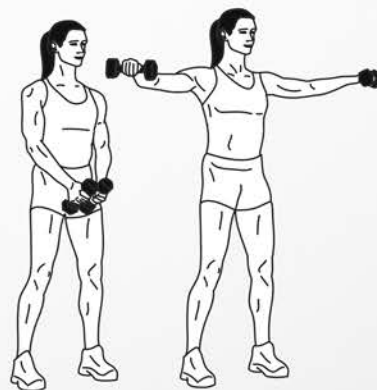
4 sets bicep curls
reps: 12, 12, 12, 12



4 sets upright rows
reps: 6, 6, 6, 6



4 sets shoulder press
reps: 6, 6, 6, 6



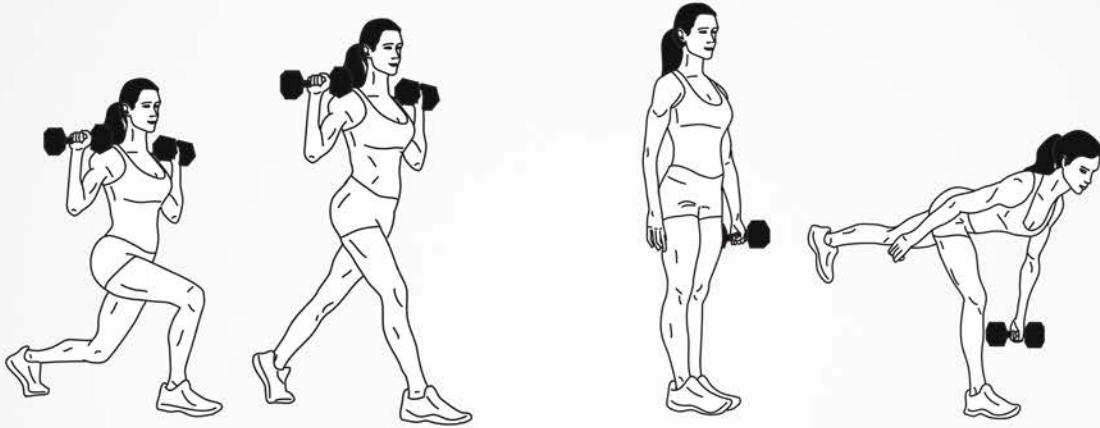
4 sets lateral raises
reps: 6, 6, 6, 6

IRON HEART

Day 8
lowerbody

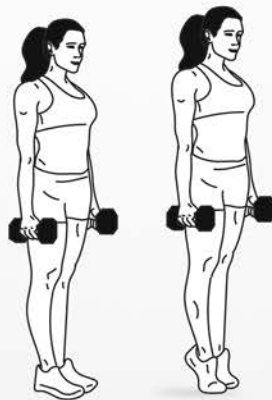
60 seconds rest
between sets
& exercises

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4 sets split lunges
reps: **8, 8, 8, 8**
change sides with each set

4 sets single leg deadlifts
reps: **6, 6, 6, 6**
change sides with each set



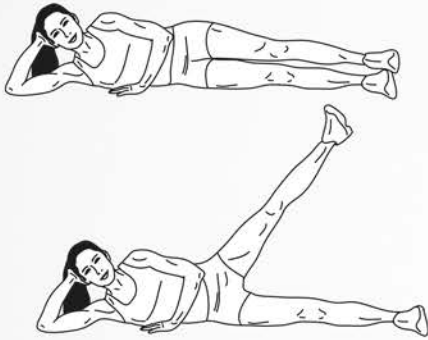
4 sets calf raises
reps: **12, 12, 12, 12**

IRON HEART

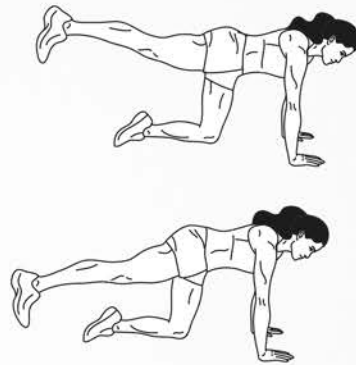
Day 9
tendons &
stretching

no rest between
exercises

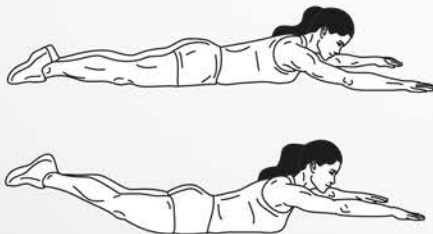
@ darebee.com



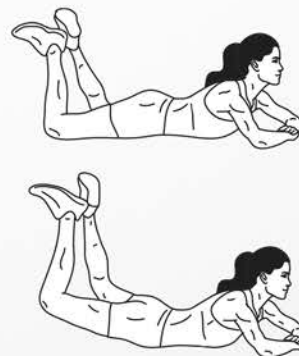
100 side leg raises
50 reps per side



100 leg swings
50 reps per side



4 sets super woman stretches
reps: **6, 6, 6, 6**



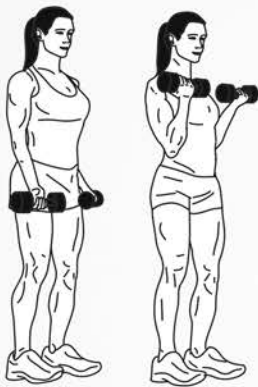
4 sets glute flex
reps: **6, 6, 6, 6**

IRON HEART

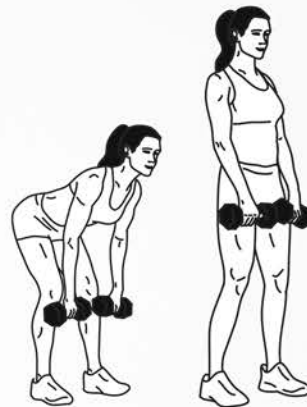
Day 10
upperbody

60 seconds rest
between sets
& exercises

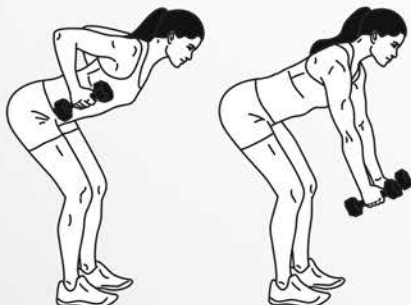
© darebee.com



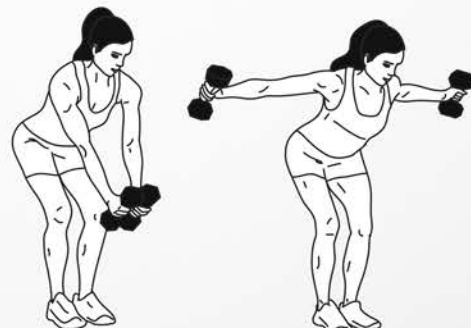
4 sets bicep curls
reps: 12, 12, 12, 12



4 sets deadlifts
reps: 6, 6, 6, 6



4 sets bent over rows
reps: 6, 6, 6, 6



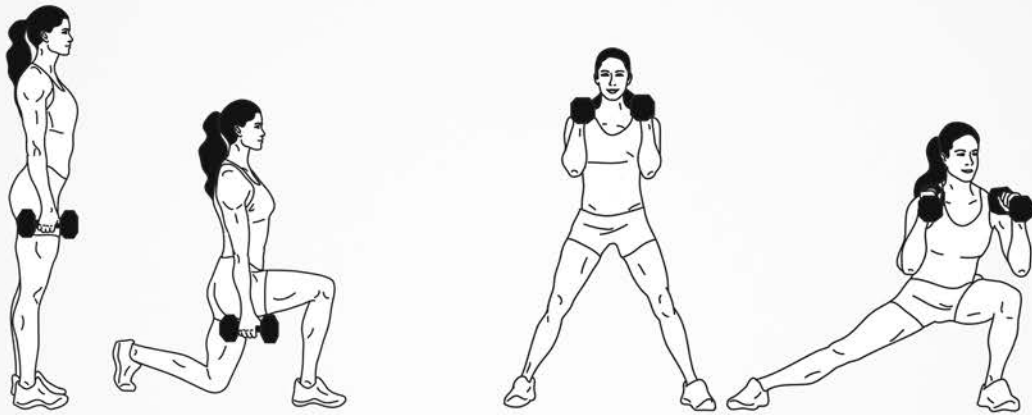
4 sets bent over lateral raises
reps: 6, 6, 6, 6

IRON HEART

Day 11
lowerbody

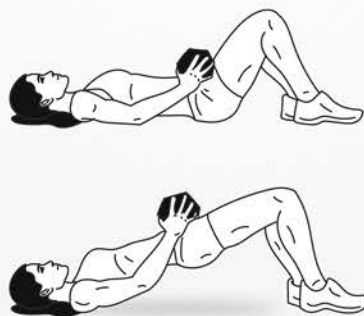
60 seconds rest
between sets
& exercises

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4 sets forward lunges
reps: **8, 8, 8, 8**
change sides with each set

4 sets side lunges
reps: **6, 6, 6, 6**
change sides with each set



4 sets hip thrusts
reps: **12, 12, 12, 12**

IRON HEART

Day 12
reset

Hold each pose for
60 seconds then
move on to the next one.

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1



2



3



4



5



6

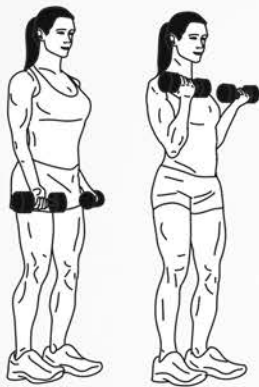


IRON HEART

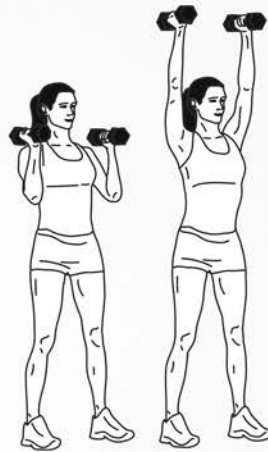
Day 13
upperbody

60 seconds rest
between sets
& exercises

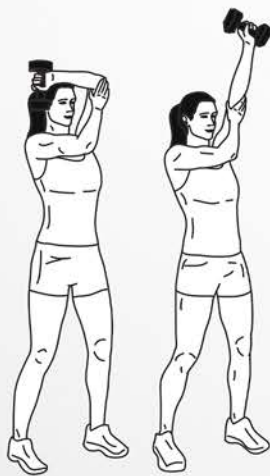
© darebee.com



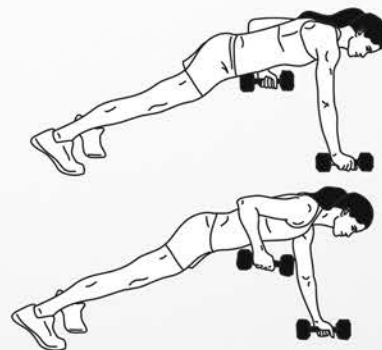
4 sets bicep curls
reps: 12, 12, 12, 12



4 sets shoulder press
reps: 6, 6, 6, 6



4 sets tricep extensions
reps: 6, 6, 6, 6
change grip with each set



4 sets renegade rows
reps: 12, 12, 12, 12

IRON HEART

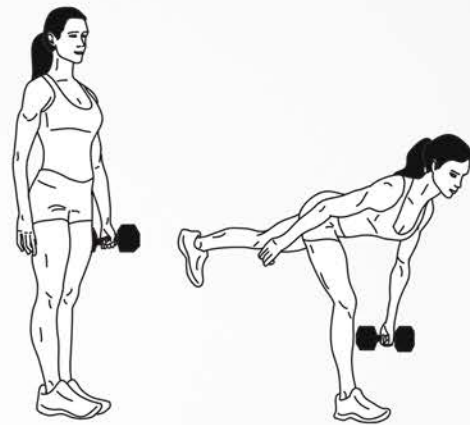
Day 14
lowerbody

60 seconds rest
between sets
& exercises

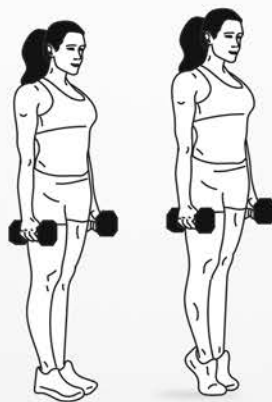
© darebee.com



4 sets goblet squats
reps: **6, 6, 6, 6**



4 sets single leg deadlifts
reps: **6, 6, 6, 6**
change sides with each set



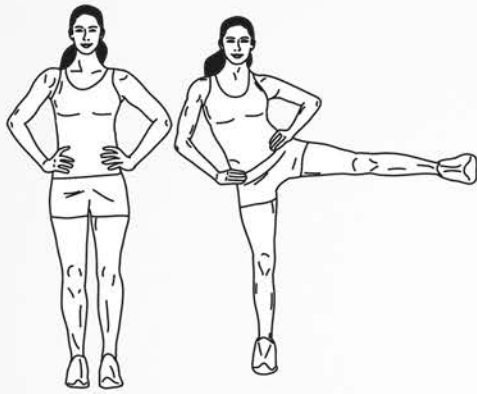
4 sets calf raises
reps: **12, 12, 12, 12**

IRON HEART

Day 15
tendon strength

no rest between
exercises

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120 side leg raises

60 reps per side

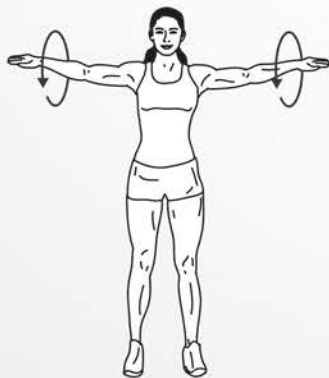
You can hold on to something.



120 back leg raises

60 reps per side

You can hold on to something.



3 minutes

raised arm circles



3 minutes

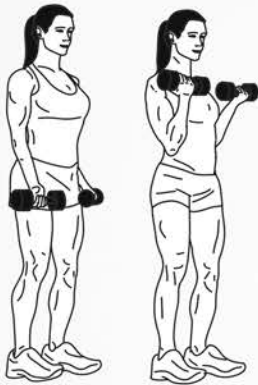
raised arm hold

IRON HEART

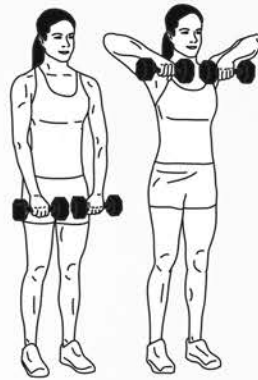
Day 16
upperbody

60 seconds rest
between sets
& exercises

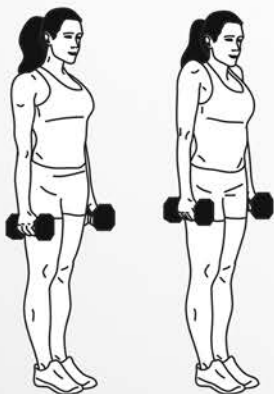
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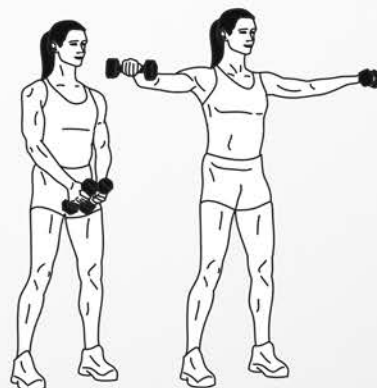
4 sets bicep curls
reps: 12, 12, 12, 12



4 sets upright rows
reps: 8, 8, 8, 8



4 sets shrugs
reps: 8, 8, 8, 8



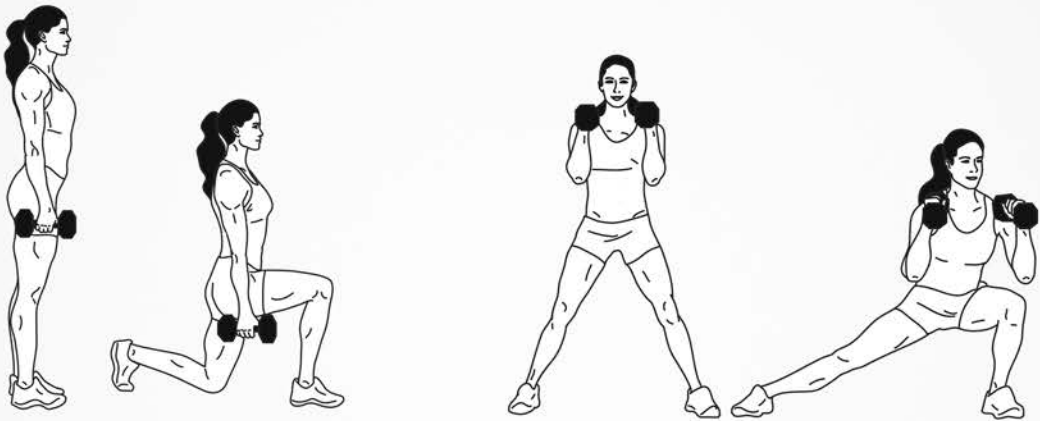
4 sets lateral raises
reps: 6, 6, 6, 6

IRON HEART

Day 17
lowerbody

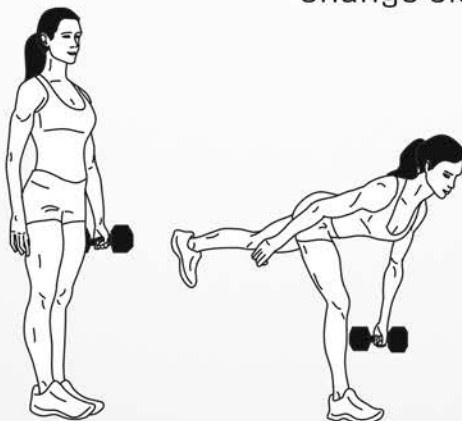
60 seconds rest
between sets
& exercises

© darebee.com



4 sets forward lunges
reps: **12, 12, 12, 12**

4 sets side lunges
reps: **8, 8, 8, 8**
change sides with each set



4 sets single leg deadlifts
reps: **6, 6, 6, 6**
change sides with each set

IRON HEART

Day 18
reset

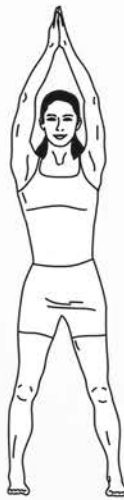
Hold each pose for
60 seconds then
move on to the next one.

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1



2



3



4



5



6

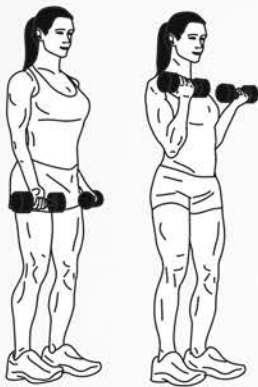


IRON HEART

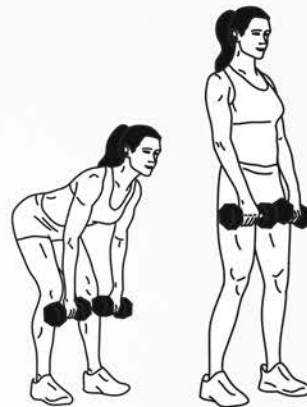
Day 19
upperbody

60 seconds rest
between sets
& exercises

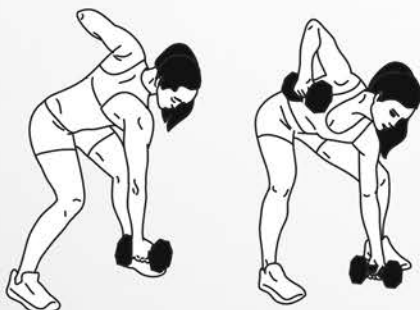
© darebee.com



4 sets bicep curls
reps: 12, 12, 12, 12



4 sets deadlifts
reps: 6, 6, 6, 6



4 sets bent over rows, alternating
reps: 12, 12, 12, 12



4 sets bent over lateral raises
reps: 6, 6, 6, 6

IRON HEART

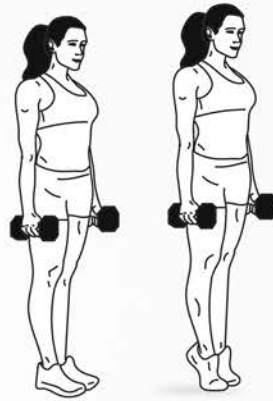
Day 20
lowerbody

60 seconds rest
between sets
& exercises

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4 sets goblet squat
reps: 8, 8, 8, 8



4 sets calf raises
reps: 12, 12, 12, 12



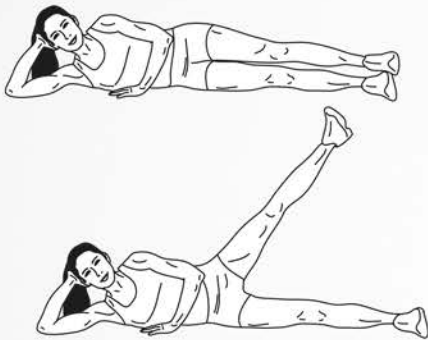
4 sets hip thrusts
reps: 12, 12, 12, 12

IRON HEART

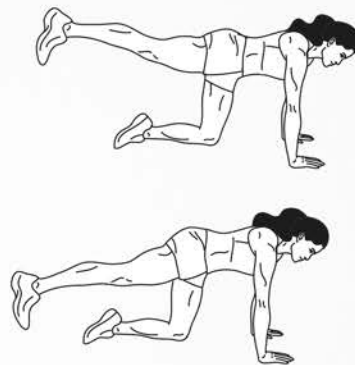
Day 21
tendons &
stretching

no rest between
exercises

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120 side leg raises
60 reps per side



120 leg swings
60 reps per side



4 sets super woman stretches
reps: **6, 6, 6, 6**



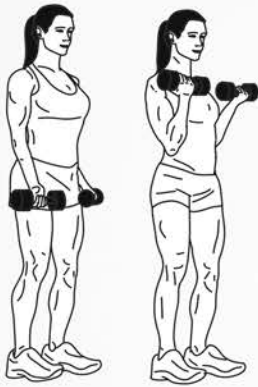
4 sets glute flex
reps: **6, 6, 6, 6**

IRON HEART

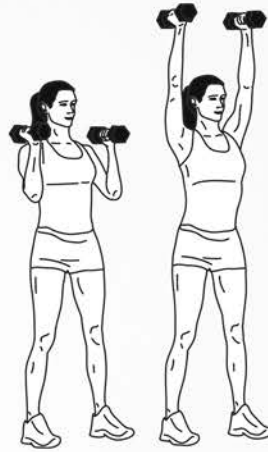
Day 22
upperbody

60 seconds rest
between sets
& exercises

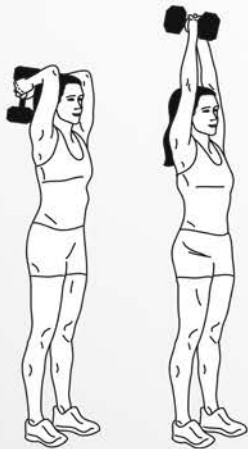
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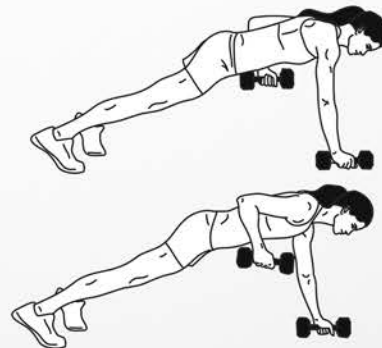
4 sets bicep curls
reps: 12, 12, 12, 12



4 sets shoulder press
reps: 8, 8, 8, 8



4 sets tricep extensions
reps: 8, 8, 8, 8
change grip with each set



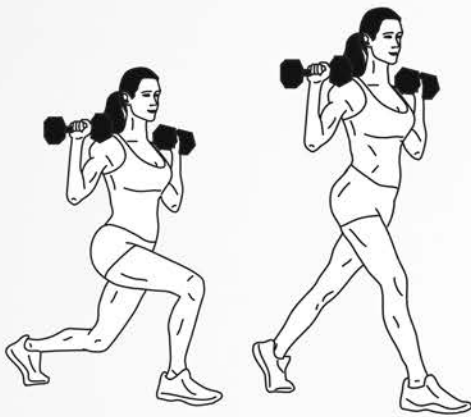
4 sets renegade rows
reps: 12, 12, 12, 12

IRON HEART

Day 23
lowerbody

60 seconds rest
between sets
& exercises

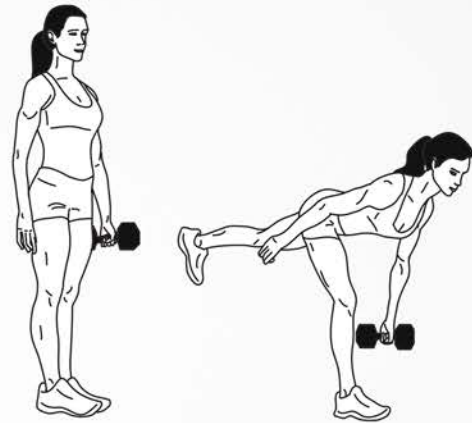
© darebee.com



4 sets split lunges

reps: **8, 8, 8, 8**

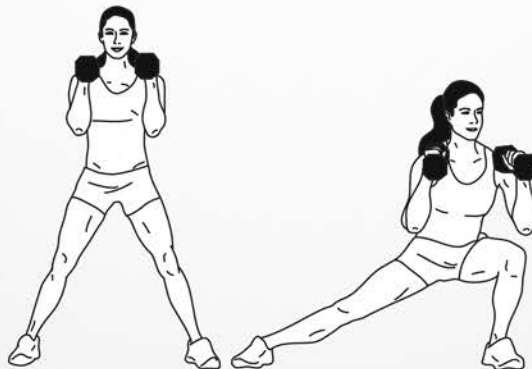
change sides with each set



4 sets single leg deadlifts

reps: **8, 8, 8, 8**

change sides with each set



4 sets side lunges

reps: **8, 8, 8, 8**

change sides with each set

IRON HEART

Day 24
reset

Hold each pose for
60 seconds then
move on to the next one.

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1



2



3



4



5



6

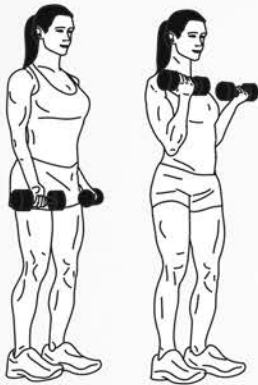


IRON HEART

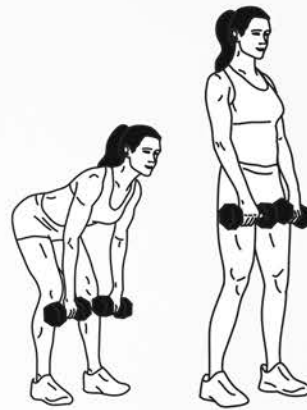
Day 25
upperbody

60 seconds rest
between sets
& exercises

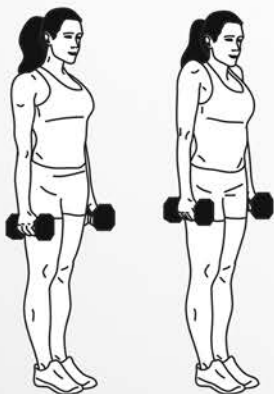
© darebee.com



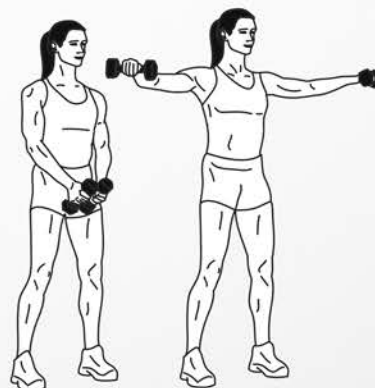
4 sets bicep curls
reps: 12, 12, 12, 12



4 sets deadlifts
reps: 8, 8, 8, 8



4 sets shrugs
reps: 8, 8, 8, 8



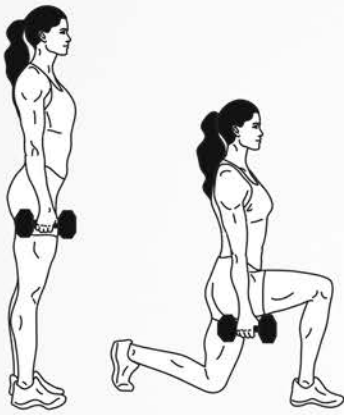
4 sets lateral raises
reps: 6, 6, 6, 6

IRON HEART

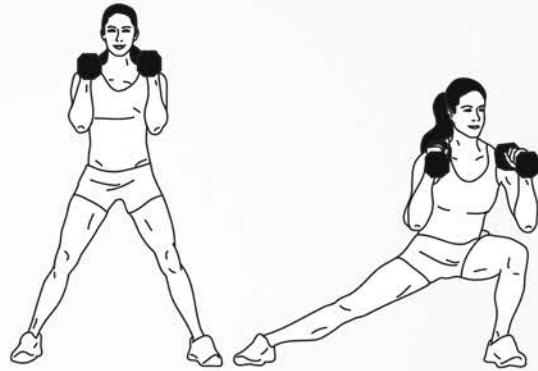
Day 26
lowerbody

60 seconds rest
between sets
& exercises

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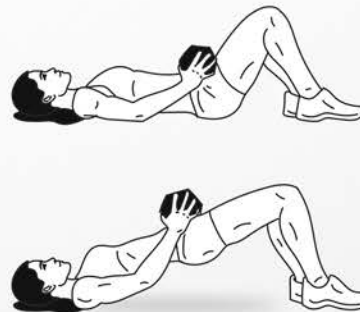
4 sets forward lunges
reps: **8, 8, 8, 8**
change sides with each set



4 sets side lunges
reps: **8, 8, 8, 8**
change sides with each set



4 sets goblet squats
reps: **8, 8, 8, 8**



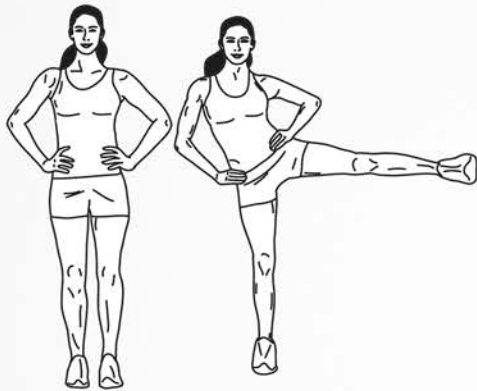
4 sets hip thrusts
reps: **12, 12, 12, 12**

IRON HEART

Day 27
tendon strength

no rest between
exercises

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80 side leg raises

40 reps per side | **2 sets in total**

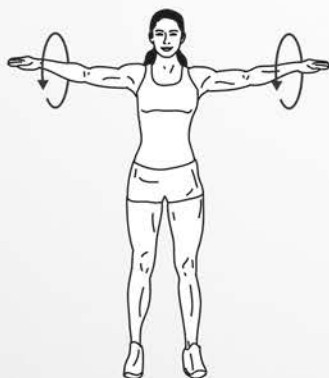
You can hold on to something.



80 back leg raises

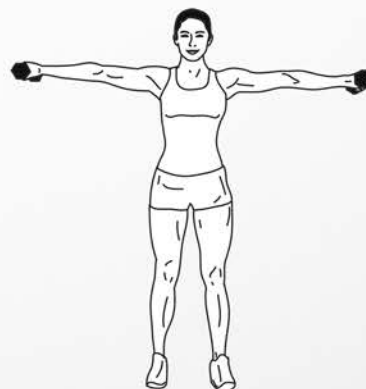
40 reps per side | **2 sets in total**

You can hold on to something.



3 minutes

raised arm circles



3 minutes

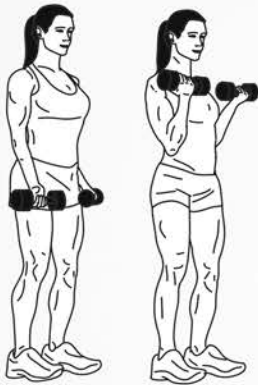
raised arm hold

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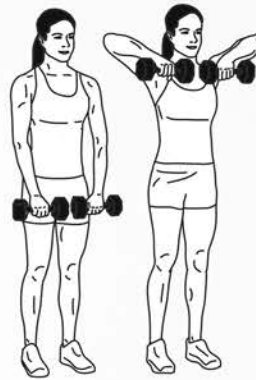
Day 28
upperbody

60 seconds rest
between sets
& exercises

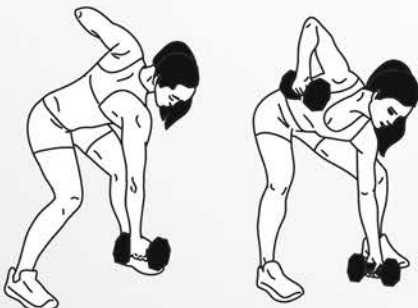
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4 sets bicep curls
reps: 12, 12, 12, 12



4 sets upright rows
reps: 8, 8, 8, 8



4 sets bent over rows, alternating
reps: 12, 12, 12, 12



4 sets bent over lateral raises
reps: 6, 6, 6, 6

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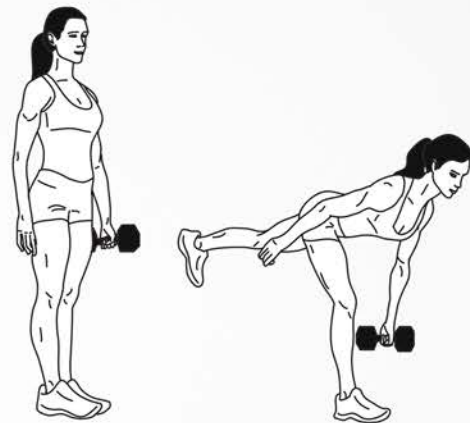
Day 29
lowerbody

60 seconds rest
between sets
& exercises

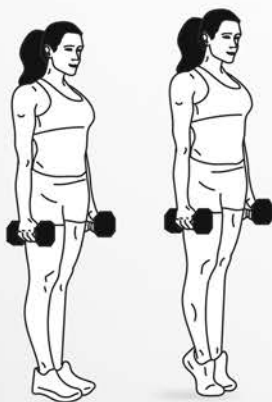
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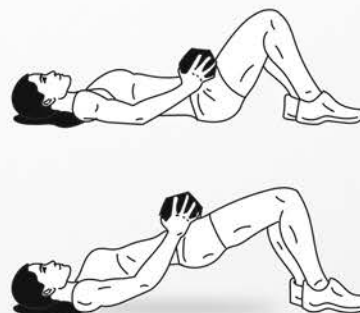
4 sets goblet squats
reps: 8, 8, 8, 8



4 sets single leg deadlifts
reps: 8, 8, 8, 8
change sides with each set



4 sets calf raises
reps: 12, 12, 12, 12



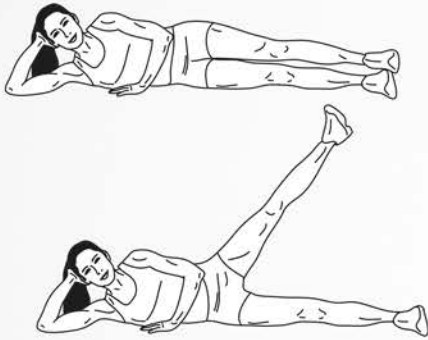
4 sets hip thrusts
reps: 12, 12, 12, 12

IRON HEART

Day 30
tendons &
stretching

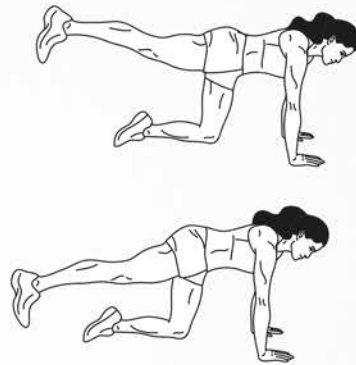
no rest between
exercises

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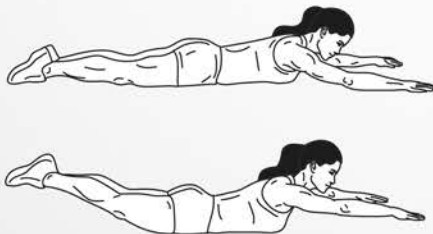
80 side leg raises

40 reps per side | 2 sets in total



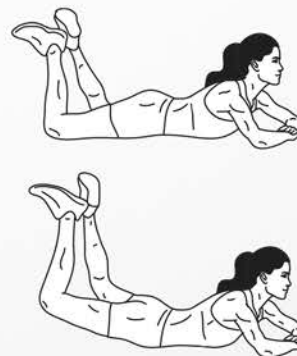
80 leg swings

40 reps per side | 2 sets in total



4 sets super woman stretches

reps: 8, 8, 8, 8



4 sets glute flex

reps: 8, 8, 8, 8

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