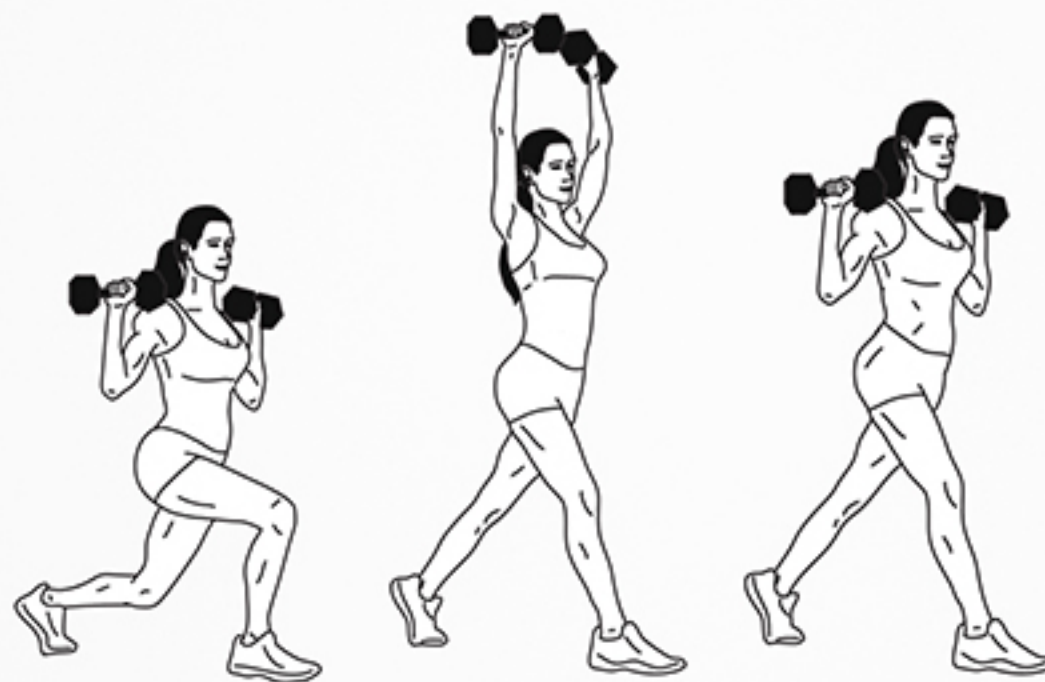


5-MINUTE STRENGTH

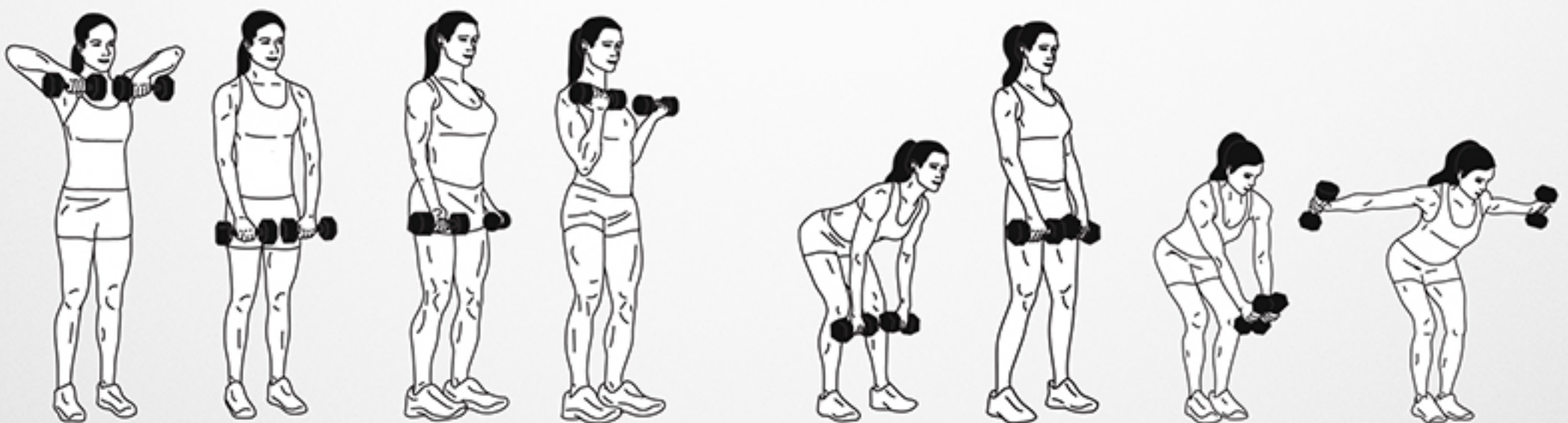
DAREBEE WORKOUT @ darebee.com

20 seconds exercise | no rest between exercises

Repeat 5 times in total



shoulder press split lunges



chest row - into - bicep curl

deadlift - into - bent over lateral raises