

ARBITER

DAREBEE WORKOUT @ darebee.com

5 sets in total | 30 seconds rest between sets



10 4-count squats



10 4-count calf raises



10 4-count side lunges



10 4-count bicep curls



4 4-count bent over lateral raises



4 4-count shrugs



max 4-count push-ups



10-count push-up hold