

BIGGER, STRONGER

DAREBEE WORKOUT © darebee.com

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



10 3-count squats



10 3-count calf raises



10-count calf raise hold



10 bicep curls



10 3-count alt bicep curls



max 3-count push-ups



10-count push-up hold