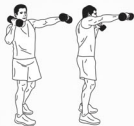


# BLACK KNIGHT

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



**14** alt bicep curls  
5 sets | 30 seconds rest



**14** slow punches  
5 sets | 30 seconds rest



**14** slow overhead punches  
5 sets | 30 seconds rest



**14** hammer curl lunges  
5 sets | 30 seconds rest



**14** side lunges  
5 sets | 30 seconds rest



**14** calf raises  
5 sets | 30 seconds rest