

# BUFF

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

2 minutes rest between exercises



**10** bicep curls  
**x 5 sets** in total  
60 seconds rest  
between sets



**10** renegade row  
push-ups  
**x 5 sets** in total  
60 seconds rest  
between sets



**10** shoulder press  
**x 5 sets** in total  
60 seconds rest  
between sets



**to failure**  
pull-ups  
**x 5 sets** in total  
60 seconds rest  
between sets



**to failure**  
leg raises  
**x 5 sets** in total  
60 seconds rest  
between sets



**to failure**  
knee-up & twists  
**x 5 sets** in total  
60 seconds rest  
between sets