

CATALYST

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



20 alt bicep curls
x 5 sets in total
20 seconds rest
between sets



10 shoulder press
x 5 sets in total
20 seconds rest
between sets



10 squats
x 5 sets in total
20 seconds rest
between sets



10 tricep extensions
x 5 sets in total
20 seconds rest
between sets



10 side tilts
x 5 sets in total
20 seconds rest
between sets