

DAILY GRIND

DAREBEE WORKOUT @ darebee.com

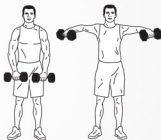
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 thrusters



12 chest rows



6 lateral raises



6 bent over rows



12 renegade rows