

THE GAINER

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



10 lunges
x 3 sets in total
20 seconds rest
between sets



10 steps farmer's walk
x 3 sets in total
20 seconds rest
between sets



10 calf raises
x 3 sets in total
20 seconds rest
between sets



10 Arnold's press
x 3 sets in total
20 seconds rest
between sets



10 upright rows
x 3 sets in total
20 seconds rest
between sets



10 deadlifts
x 3 sets in total
20 seconds rest
between sets