

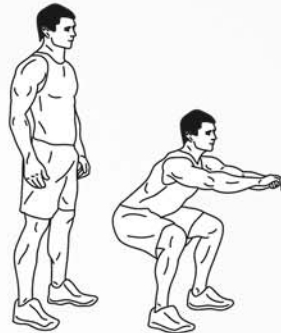
THE GIANT

DAREBEE WORKOUT @ darebee.com

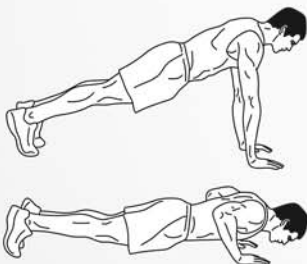
2 minutes rest between exercises



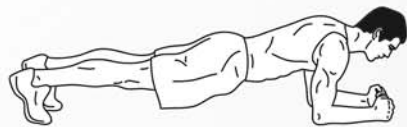
20 lunges
x 3 sets in total
20 seconds rest
between sets



20 squats
x 3 sets in total
20 seconds rest
between sets



to failure push-ups
x 3 sets in total
20 seconds rest
between sets



30sec elbow plank **x 3 sets**
20 seconds rest between sets



10 reverse angels
x 3 sets in total
20 seconds rest
between sets



20 leg raises
x 3 sets in total
20 seconds rest
between sets

