

# HYBRID ATHLETE

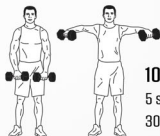


20 minute fast run

DAREBEE WORKOUT © darebee.com



16 bicep curls  
5 sets  
30sec rest



10 lateral raises  
5 sets  
30sec rest



10 upright rows  
5 sets  
30sec rest



16 goblet squats  
5 sets  
30sec rest