

# ICON

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



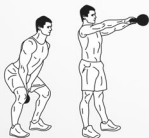
**8 goblet squats**  
**4 sets in total**  
30 sec rest in between



**8 upward rows**  
**4 sets in total**  
30 sec rest in between



**8 deadlifts**  
**4 sets in total**  
30 sec rest in between



**8 swings**  
**4 sets in total**  
30 sec rest in between



**8 bent over rows**  
**4 sets in total**  
30 sec rest in between