

JACKED

DAREBEE WORKOUT @ darebee.com

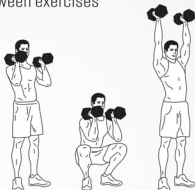
2 minutes rest between exercises



lunge + bicep curls

12, 10, 8, 6 reps

20 seconds rest between sets



squat + shoulder press

12, 10, 8, 6 reps

20 seconds rest between sets



bent over rows

12, 10, 8, 6 reps

20 seconds rest between sets



upright rows

12, 10, 8, 6 reps

20 seconds rest between sets