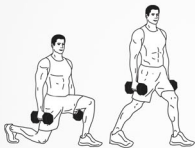


MAXIMUM MASS

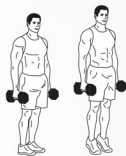
DAREBEE WORKOUT @ darebee.com

30 seconds rest between exercises



24 split lunges

5 sets | 30 seconds rest



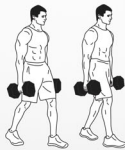
12 calf raises

5 sets | 30 seconds rest



12 bicep curls

5 sets | 30 seconds rest



12 farmer's walk

5 sets | 30 seconds rest



12 shoulder press

5 sets | 30 seconds rest