

MAXIMUM STRENGTH

DAREBEE WORKOUT © darebee.com

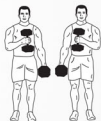
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 bicep curls



12 hammer curls



12 cross curls



12 lunges



12 split lunges



12 lunge step-ups