

# OVERPOWERED

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

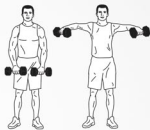
30 seconds rest between sets



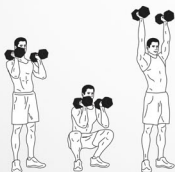
**14** bicep curls  
5 sets | 30sec rest



**10** upright rows  
5 sets | 30sec rest



**10** lateral raises  
5 sets | 30sec rest



**14** squat shoulder press  
5 sets | 30sec rest



**14** calf raises  
5 sets | 30sec rest