

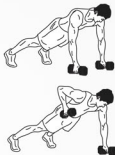
THE RENEGADE

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



20 push-ups x **4 sets** in total
20 seconds rest between sets



10 renegade rows x **4 sets** in total
20 seconds rest between sets



20 alt bicep curls x **4 sets** in total
20 seconds rest between sets



10 deadlifts x **4 sets** in total
20 seconds rest between sets