

# RISE AND GRIND

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**30** jumping jacks  
**4 sets in total**  
30 sec rest in between



**to fatigue** push-ups  
**4 sets in total**  
30 sec rest in between



**to fatigue** squat hold  
**2 sets in total**  
30 sec rest in between



**12** bicep curls  
**4 sets in total**  
30 sec rest in between



**8** bent over rows  
**4 sets in total**  
30 sec rest in between