

# SERIOUS LIFTS

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



**to fatigue** alternating bicep curls  
x 5 sets in total | 20 seconds rest

**to fatigue** alternating shoulder press  
x 5 sets in total | 20 seconds rest



**to fatigue** upright rows  
x 5 sets in total | 20 seconds rest



**to fatigue** bent over rows  
x 5 sets in total | 20 seconds rest