

SISU

DAREBEE
WORKOUT
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30 seconds rest
between exercises



16 goblet squats
5 sets
30sec rest



8 svend press
5 sets
30sec rest



16 bent over rows
5 sets | 30 seconds rest



16 bent over bicep curls
5 sets | 30 seconds rest



16 kickbacks
5 sets | 30 seconds rest



8 sitting twists
5 sets | 30 seconds rest