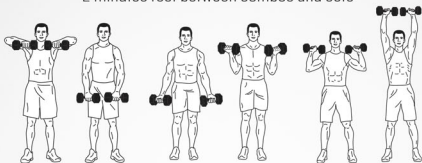


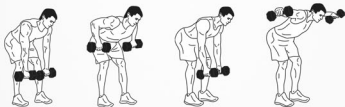
THE SMITER

DAREBEE WORKOUT © darebee.com

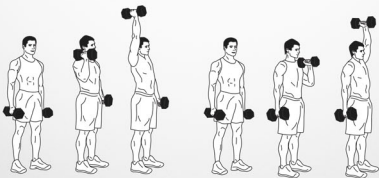
2 minutes rest between combos and sets



10 combos upright row + bicep curl → shoulder press x 3 sets



10 combos bent over row + bent over lateral raise x 3 sets



10 combos hammer curl, right + shoulder press + hammer curl, left + shoulder press x 3 sets