

# SUPER STRENGTH

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

20 seconds rest between sets | 20 seconds rest between exercises



**10** goblet squats  
x 3 sets



**10** side bends  
x 3 sets



**10** calf raises  
x 3 sets



**10** forward lunges  
x 3 sets



**10** bent over rows  
x 3 sets



**10** deadlifts  
x 3 sets



**10** bicep curls  
x 3 sets



**10** push-ups  
x 3 sets



**10** renegade rows  
x 3 sets