

superhero strength

DAREBEE
WORKOUT

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PLUS



20 goblet squats
5 sets in total
30 seconds rest



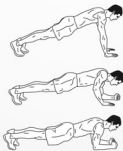
20 side lunges
5 sets in total
30 seconds rest



20 renegade row push-ups
5 sets in total
30 seconds rest



20 bicep curls
5 sets in total
30 seconds rest



20 up & down planks
5 sets in total
30 seconds rest



20 elbow plank
side crunches
5 sets in total
30 seconds rest