

TYR

DAREBEE WORKOUT @ darebee.com



12 goblet squats
5 sets in total
30 sec rest in between



12 single leg deadlifts
5 sets in total
30 sec rest in between



12 calf raises
5 sets in total
30 sec rest in between



12 lunges
5 sets in total
30 sec rest in between



12 side lunges
5 sets in total
30 sec rest in between