

UNDER CONSTRUCTION

DAREBEE WORKOUT @ darebee.com



20 bicep curls
4 sets in total
30 sec rest in between



10 squat into press
4 sets in total
30 sec rest in between



10 tricep extensions
4 sets in total
30 sec rest in between



to fatigue push-up renegade rows
4 sets in total
30 sec rest in between



30 seconds plank hold
2 sets in total
30 sec rest in between