

DAREBEE WORKOUT

@ darebee.com

up to 2 minutes rest
between exercises

EAT, TRAIN, LOVE



16 reverse lunges
x 4 sets in total
60 seconds rest
between sets



12 side lunges
x 4 sets in total
60 seconds rest
between sets



12 bicep curls
x 4 sets in total
20 seconds rest
between sets



8 upright rows
x 4 sets in total
20 seconds rest
between sets



12 renegade rows
x 4 sets in total
20 seconds rest
between sets