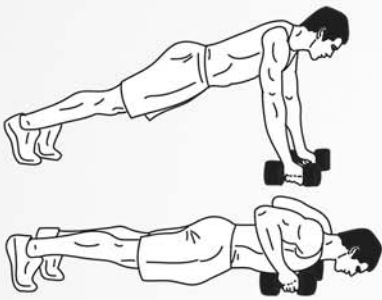


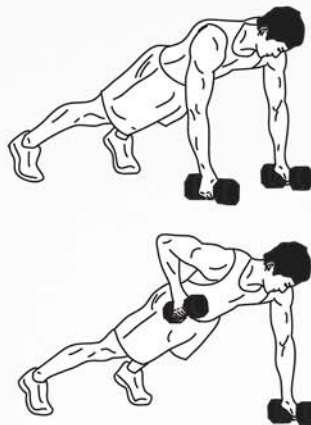
CHEST & BACK

DAREBEE
WORKOUT
@ darebee.com

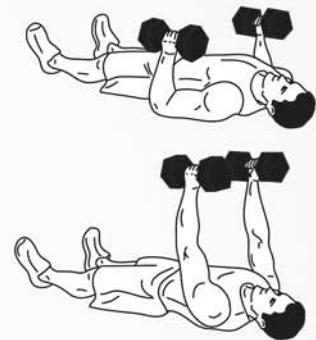
60 seconds rest
between exercises



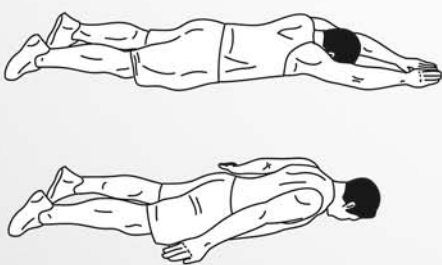
push-ups
12/10/8/6 reps
30 seconds rest
between sets



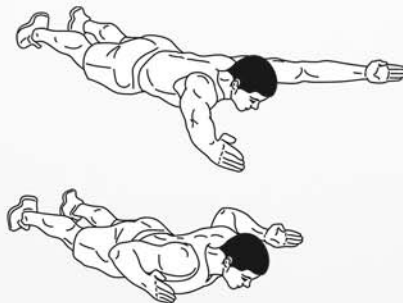
renegade rows
6/5/4/3 reps per arm
30 seconds rest
between sets



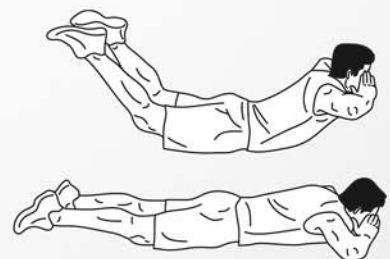
chest press
12/10/8/6 reps
30 seconds rest
between sets



reverse angels
12/10/8/6 reps
30 seconds rest
between sets



W-extensions
12/10/8/6 reps
30 seconds rest
between sets



back extensions
12/10/8/6 reps
30 seconds rest
between sets