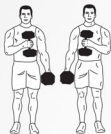


# REFORGED

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

30 seconds rest between exercises



**14** cross curls  
**5 sets in total**  
**30 seconds rest**



**10** lateral raises  
**5 sets in total**  
**30 seconds rest**



**14** squats  
**5 sets in total**  
**30 seconds rest**



**14** calf raises  
**5 sets in total**  
**30 seconds rest**



**10** bent over rows  
**5 sets in total**  
**30 seconds rest**