

## TOP-TO-BOTTOM

# BACK

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes rest between sets

optional: finish each set with pull-ups to failure



10 chest rows



10 swings



10 bent over rows



10 deadlifts



10 windmills