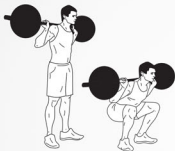


# UPGRADED

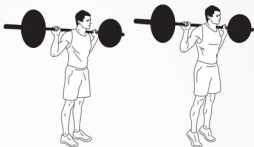
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

30 seconds rest between exercises



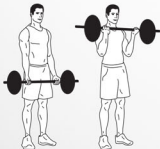
**10** squats

**5 sets | 30sec rest**



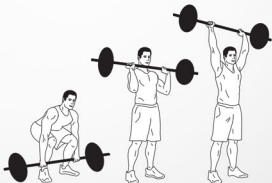
**10** calf raises

**5 sets | 30sec rest**



**10** bicep curls

**5 sets | 30sec rest**



**10** press & clean

**5 sets | 30sec rest**