



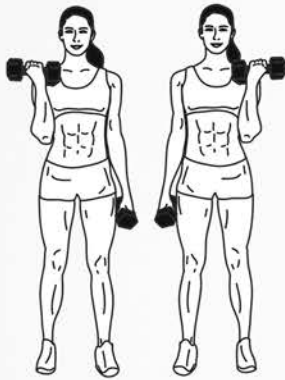
X P R E S S
T O N E

XPRESS XTONE

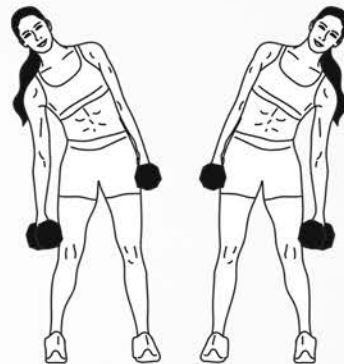
© darebee.com

DAY 1

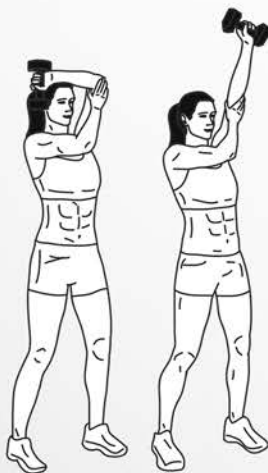
5 sets in total.
2 minutes rest between sets.



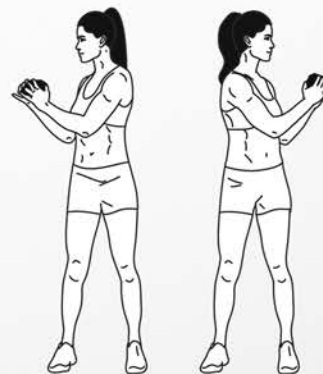
alternating bicep curls
until fatigue



10 side bends



tricep extensions
each arm until fatigue



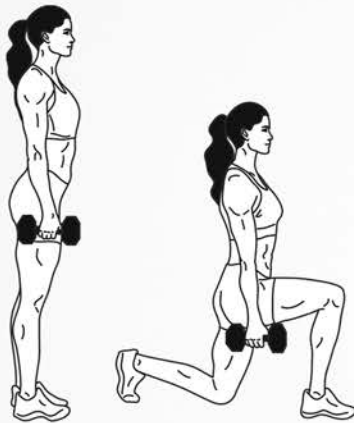
10 core twists

XPRESS TONE

© darebee.com

DAY 2

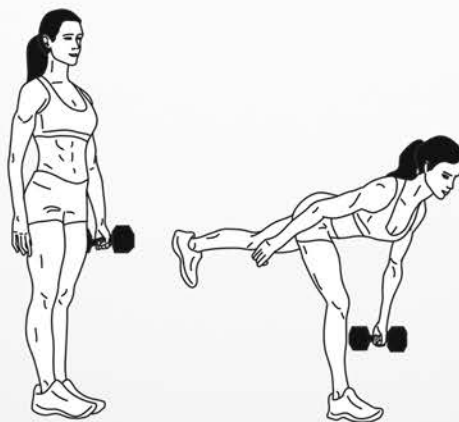
5 sets in total.
2 minutes rest between sets.



forward lunges
until fatigue



goblet squats
until fatigue



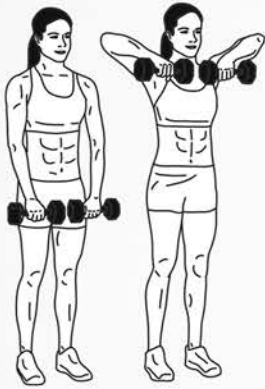
10 single leg deadlifts 5 reps each side

XPRESS TONE

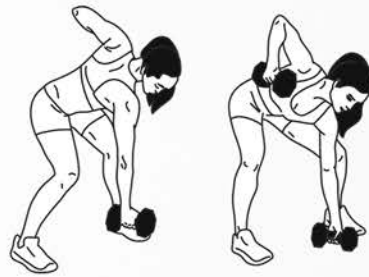
© darebee.com

DAY 3

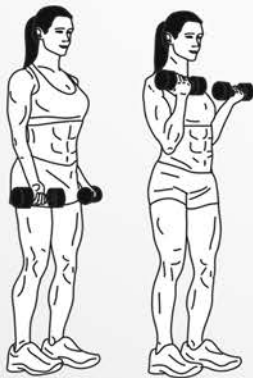
5 sets in total.
2 minutes rest between sets.



upright rows
until fatigue



10 alternating
bent over rows



bicep curls
until fatigue



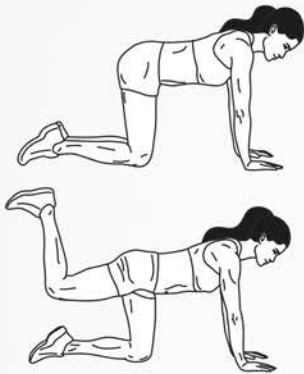
10 knee-to-elbows
5 reps each side

XPRESS XTONE

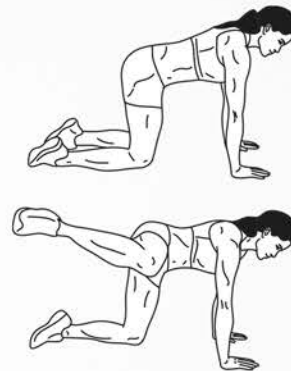
© darebee.com

DAY 4

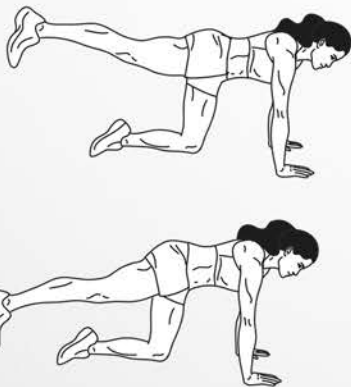
Change sides &
repeat the sequence again.



20 leg extensions



20 side leg extensions



20 extended leg swings



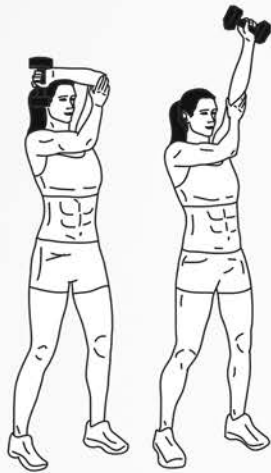
20-count hold

XPRESS XTONE

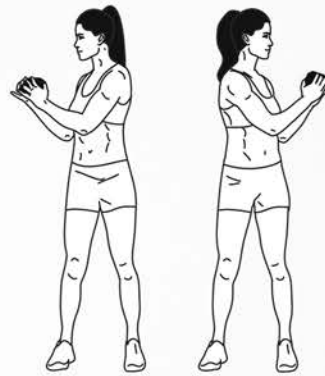
© darebee.com

DAY 5

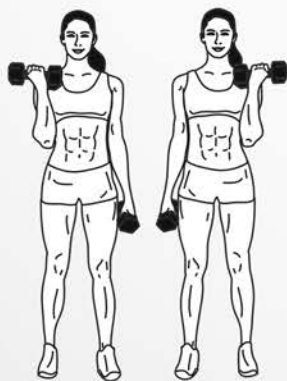
5 sets in total.
2 minutes rest between sets.



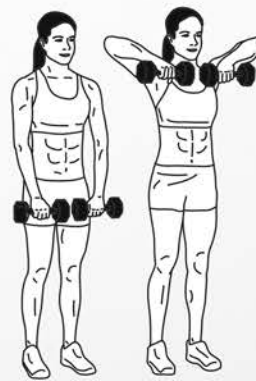
tricep extensions
each arm until fatigue



10 core twists



alternating bicep curls
until fatigue



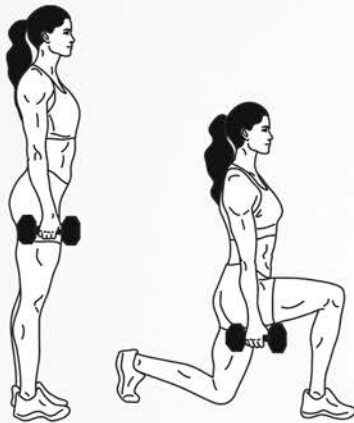
10 upright rows

XPRESS XTONE

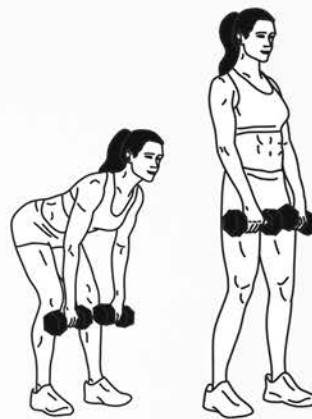
© darebee.com

DAY 6

5 sets in total.
2 minutes rest between sets.



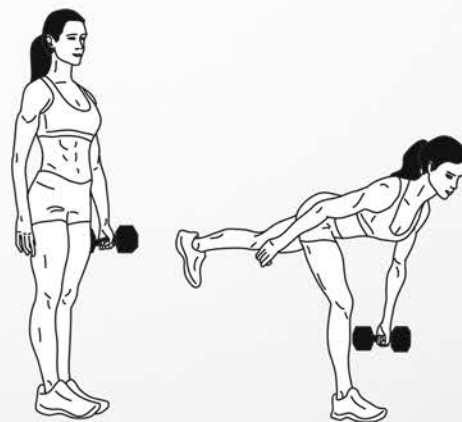
forward lunges
until fatigue



10 deadlifts



goblet squats
until fatigue



10 single leg deadlifts
5 reps each side

XPRESS XTONE

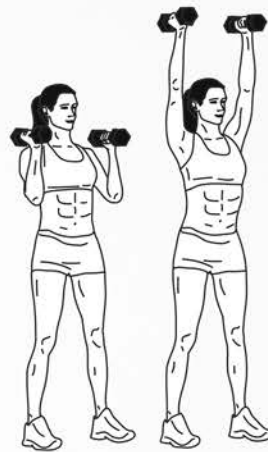
© darebee.com

DAY 7

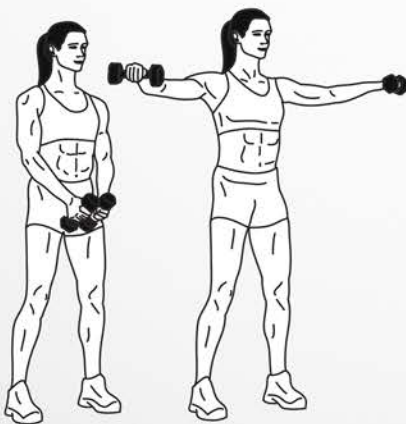
5 sets in total.
2 minutes rest between sets.



hammer curls
until fatigue



10 shoulder press



lateral raises
until fatigue



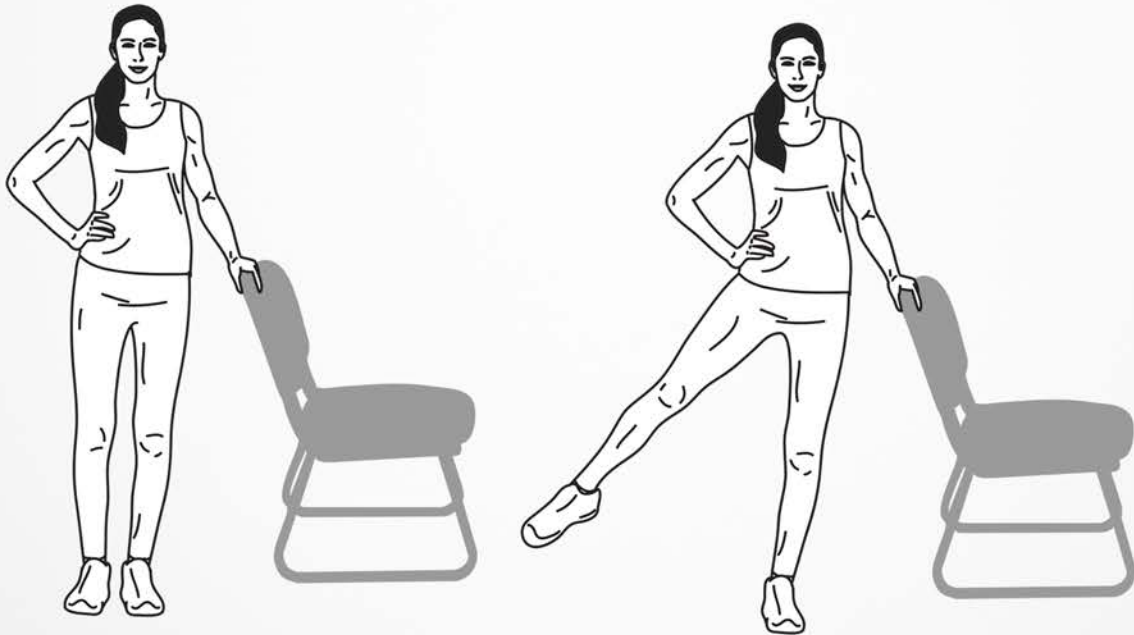
10-count hold

XPRESS XTONE

© darebee.com

DAY 8

3 sets in total.
Rest for as long as you need.



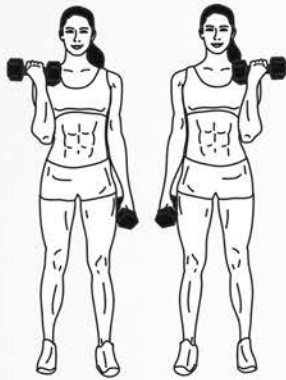
80 side leg raises
40 reps per side

XPRESS XTONE

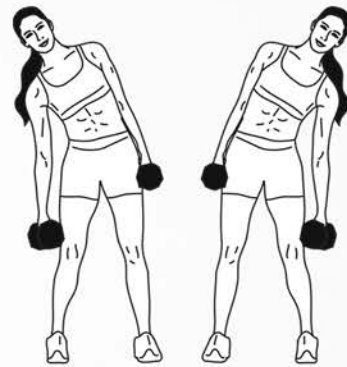
© darebee.com

DAY 9

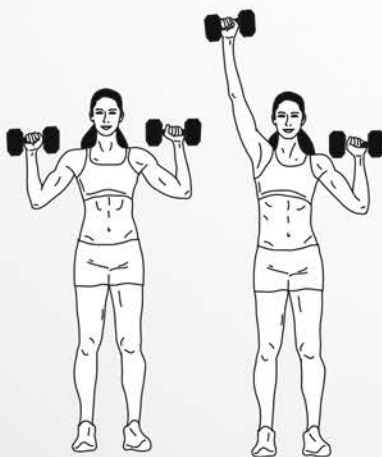
5 sets in total.
2 minutes rest between sets.



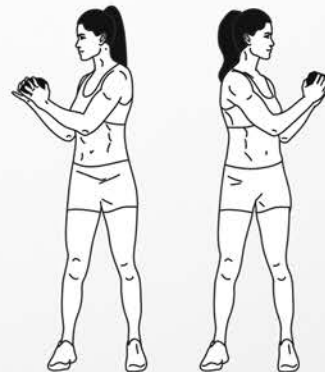
alternating bicep curls
until fatigue



10 side bends



alternating shoulder press
each arm until fatigue



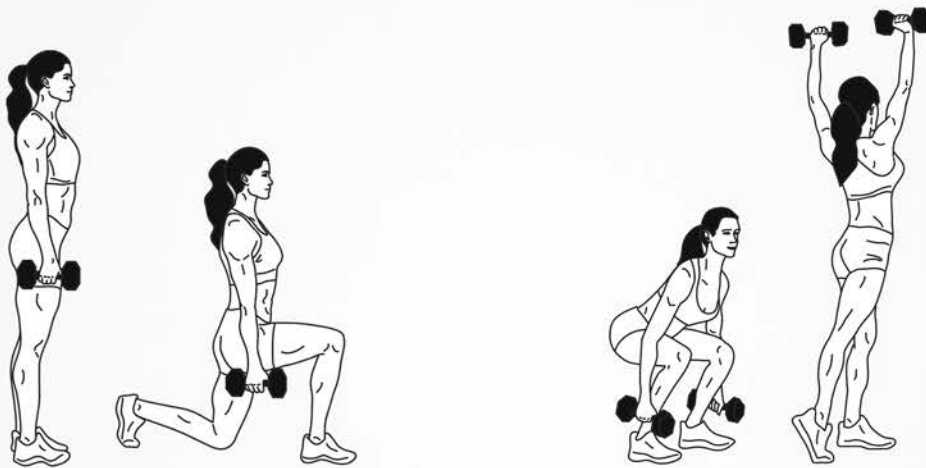
10 core twists

XPRESS XTONE

© darebee.com

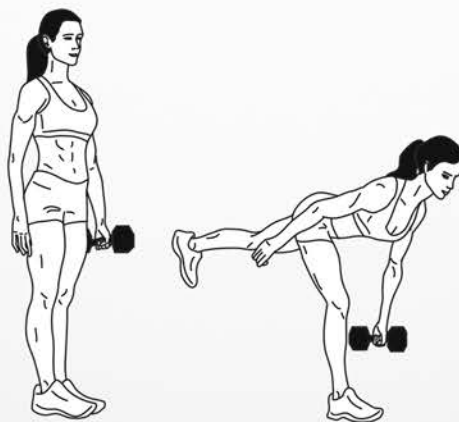
DAY 10

5 sets in total.
2 minutes rest between sets.



forward lunges
until fatigue

squat into shoulder press
until fatigue



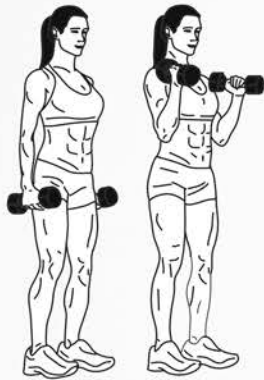
10 single leg deadlifts 5 reps each side

XPRESS XTONE

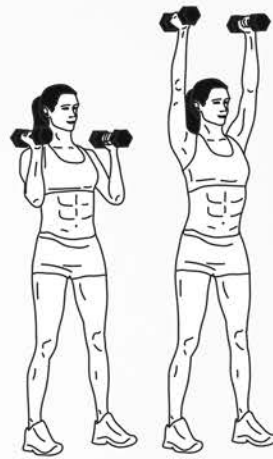
© darebee.com

DAY 11

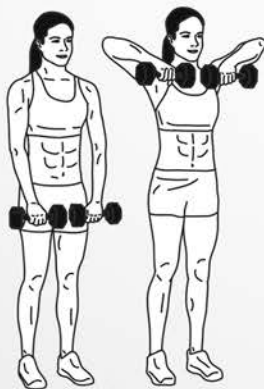
5 sets in total.
2 minutes rest between sets.



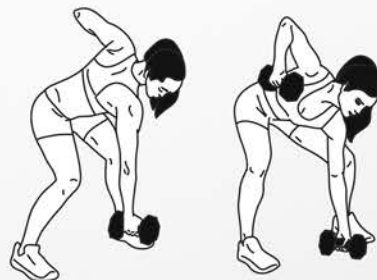
hammer curls
until fatigue



10 shoulder press



upright rows
until fatigue



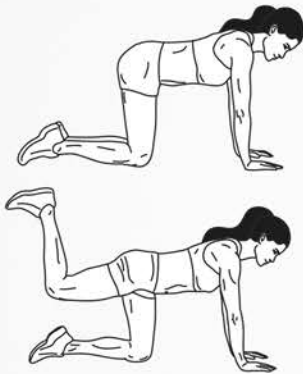
10 alternating
bent over rows

XPRESS XTONE

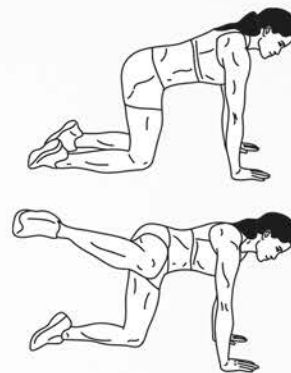
© darebee.com

DAY 12

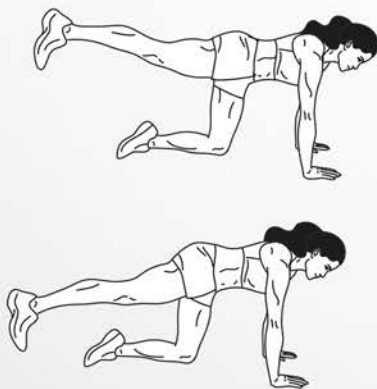
Change sides &
repeat the sequence again.



30 leg extensions



30 side leg extensions



30 extended leg swings



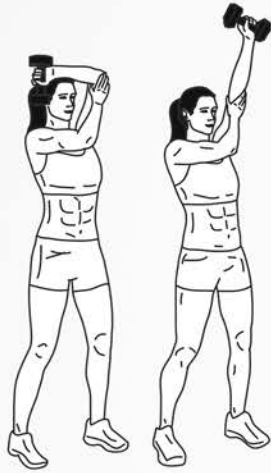
30-count hold

XPRESS XTONE

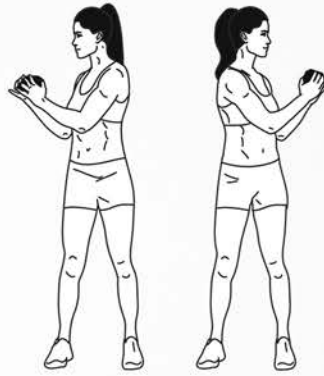
© darebee.com

DAY 13

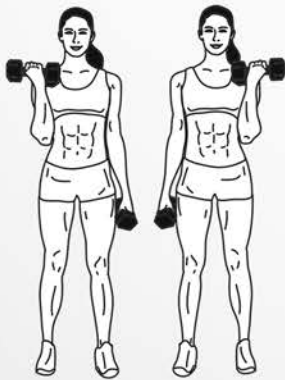
5 sets in total.
2 minutes rest between sets.



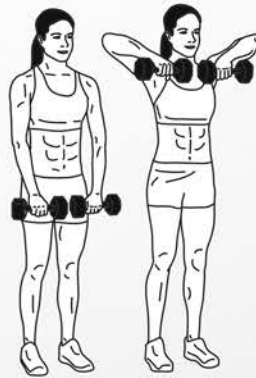
tricep extensions
each arm until fatigue



10 core twists



alternating bicep curls
until fatigue



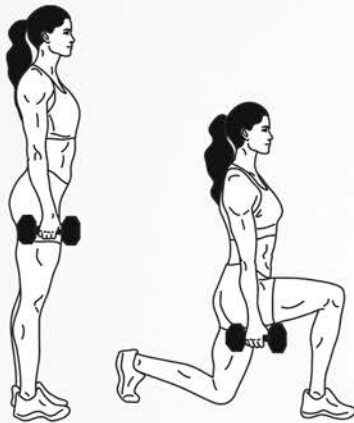
10 upright rows

XPRESS TONE

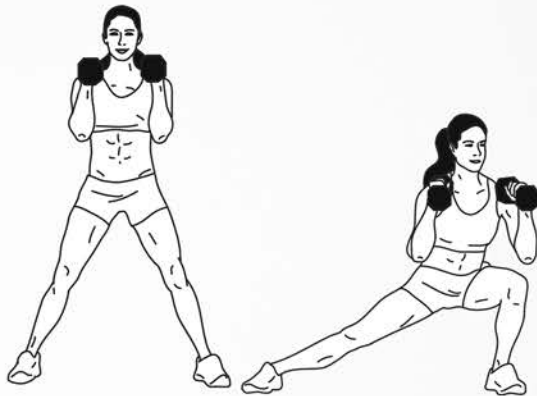
© darebee.com

DAY 14

5 sets in total.
2 minutes rest between sets.



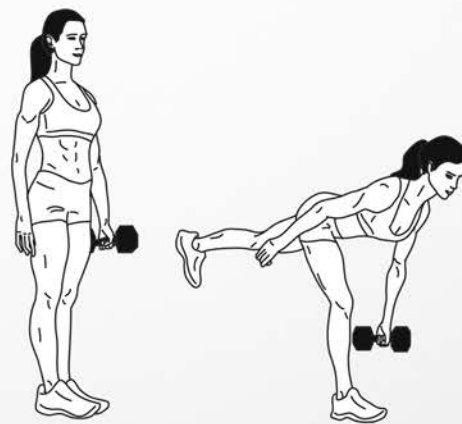
forward lunges
until fatigue



10 side lunges



goblet squats
until fatigue



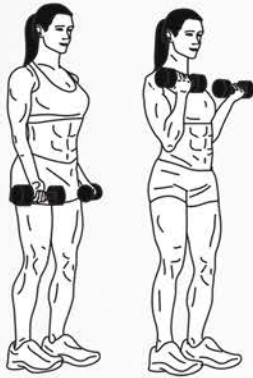
10 single leg deadlifts
5 reps each side

XPRESS XTONE

© darebee.com

DAY 15

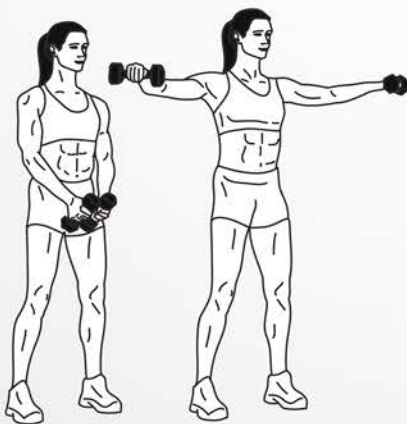
5 sets in total.
2 minutes rest between sets.



bicep curls
until fatigue



10 knee-to-elbows



lateral raises
until fatigue



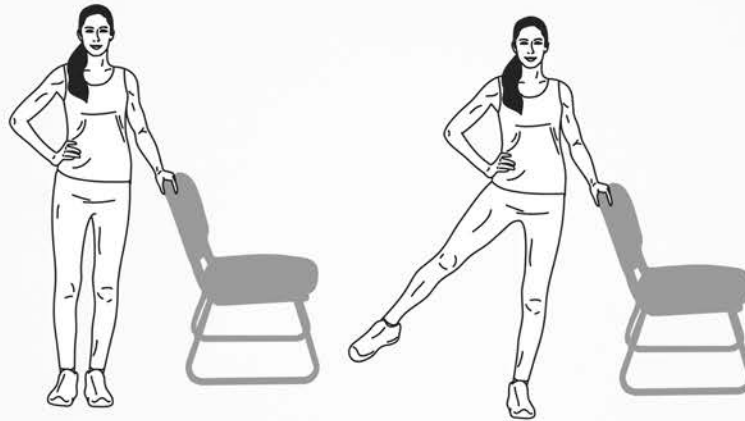
10-count hold

XPRESS XTONE

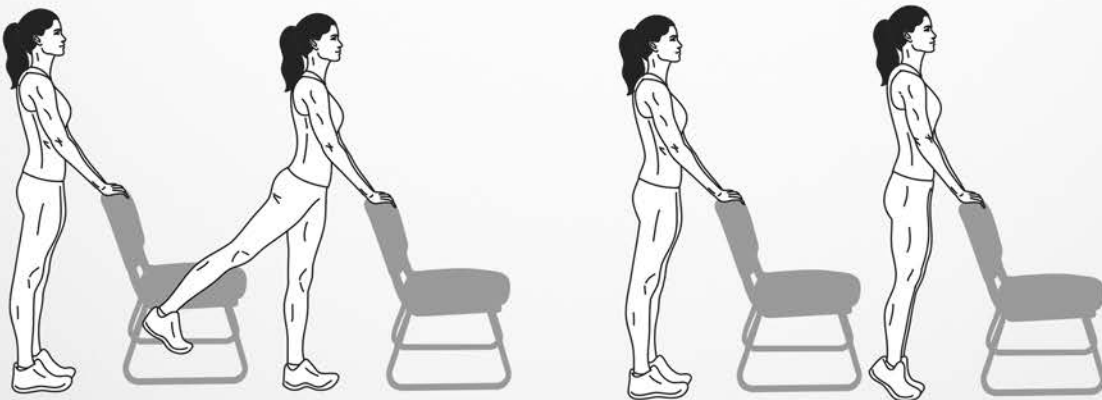
© darebee.com

DAY 16

3 sets in total.
Rest for as long as you need.



80 side leg raises
40 reps per side



80 backwards leg raises
40 reps per side

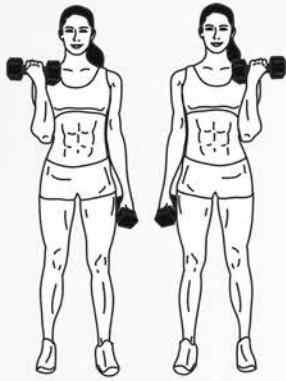
20 calf raises

XPRESS TONE

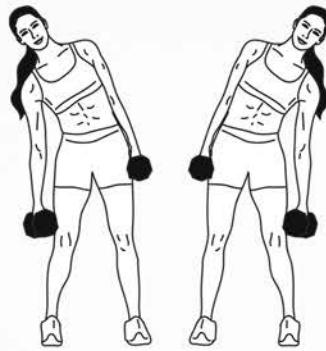
© darebee.com

DAY 17

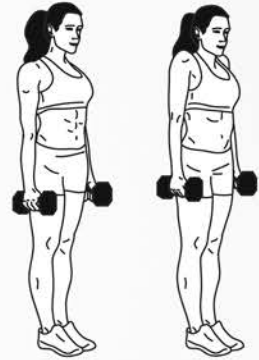
5 sets in total.
2 minutes rest between sets.



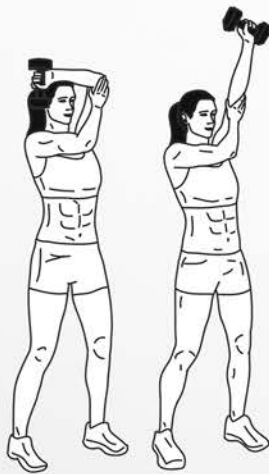
alternating bicep curls
until fatigue



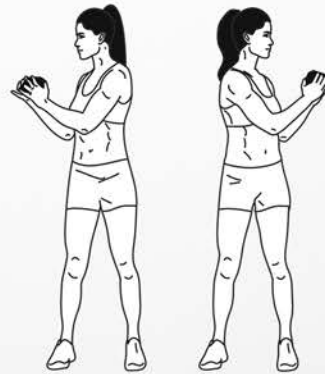
10 side bends



10 shrugs



tricep extensions
each arm until fatigue



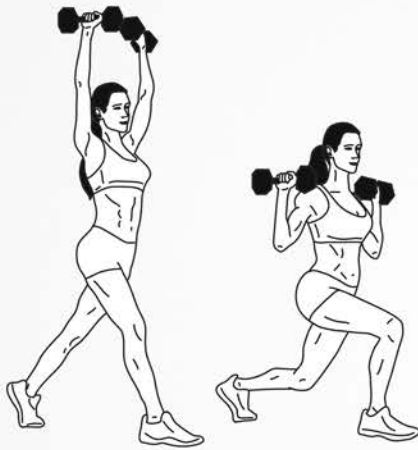
10 core twists

XPRESS XTONE

© darebee.com

DAY 18

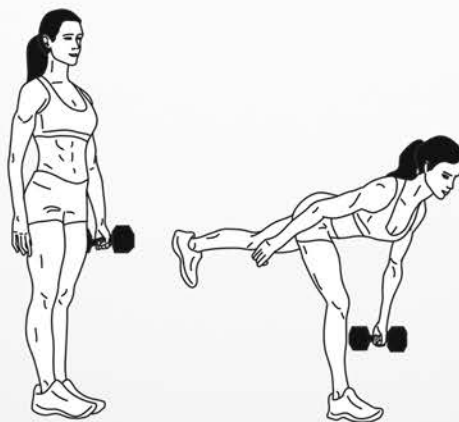
5 sets in total.
2 minutes rest between sets.



split lunges into shoulder press
until fatigue



goblet squats
until fatigue



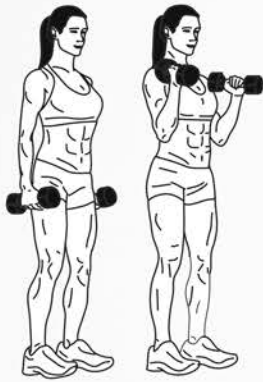
10 single leg deadlifts 5 reps each side

XPRESS XTONE

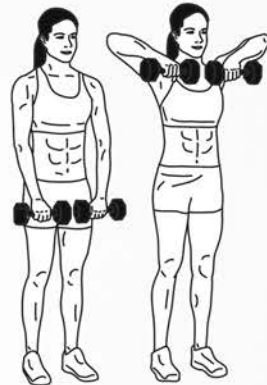
© darebee.com

DAY 19

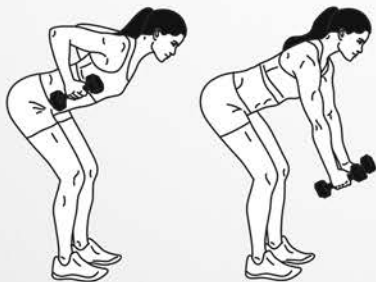
5 sets in total.
2 minutes rest between sets.



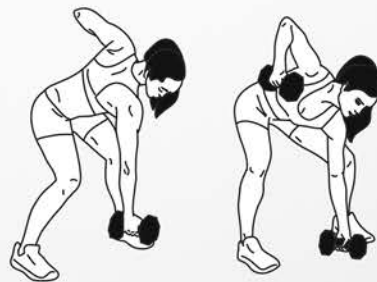
hammer curls
until fatigue



10 upright rows



bent over rows
until fatigue



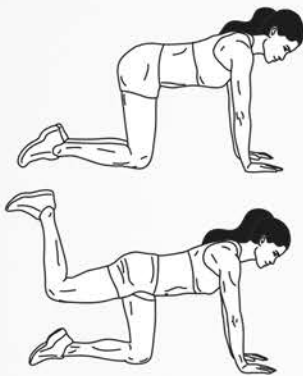
**10 alternating
bent over rows**

XPRESS XTONE

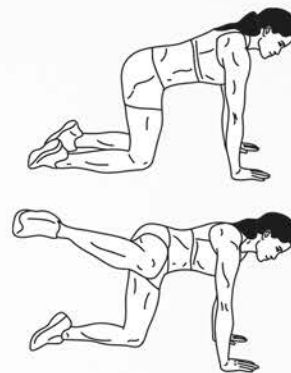
© darebee.com

DAY 20

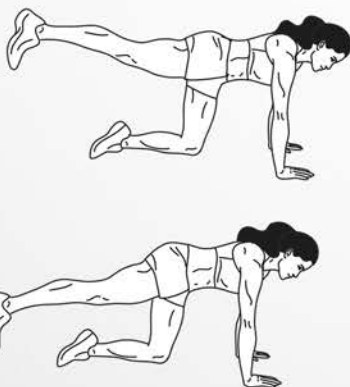
Change sides & repeat the sequence again.



40 leg extensions



40 side leg extensions



40 extended leg swings



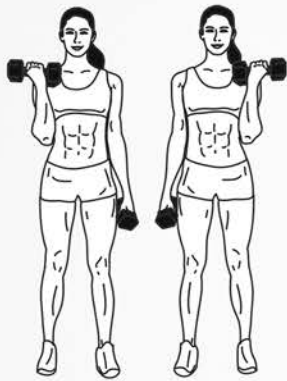
40-count hold

XPRESS TONE

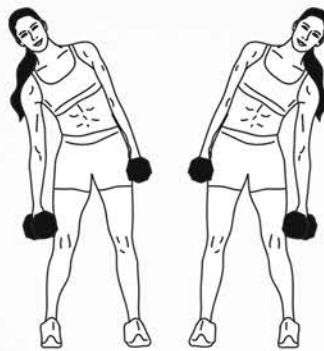
© darebee.com

DAY 21

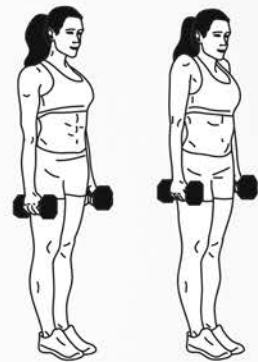
5 sets in total.
2 minutes rest between sets.



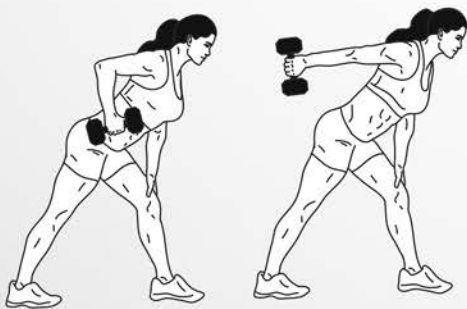
alternating bicep curls
until fatigue



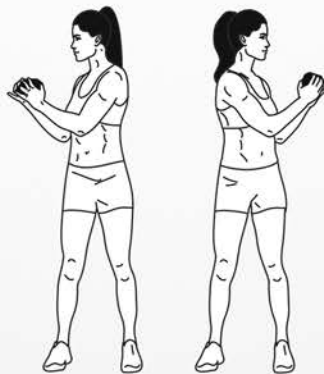
10 side bends



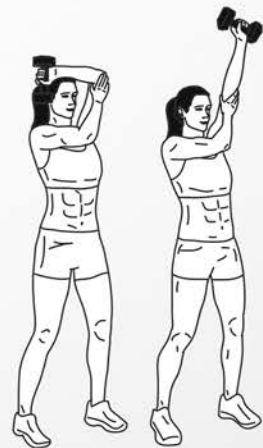
10 shrugs



bent over tricep extensions
until fatigue



10 core twists



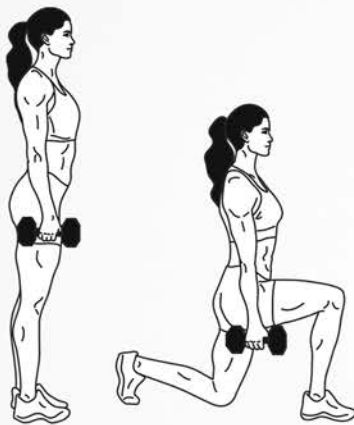
tricep extensions
until fatigue

XPRESS XTONE

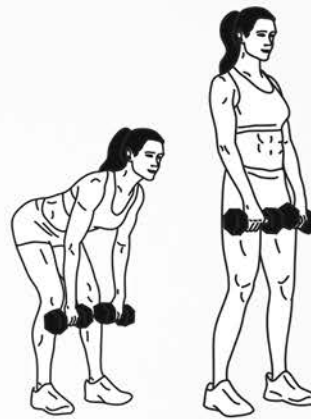
© darebee.com

DAY 22

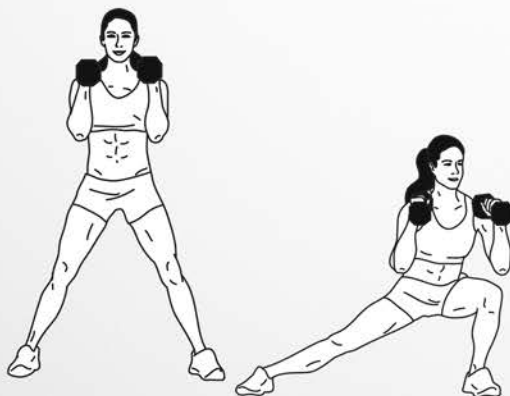
5 sets in total.
2 minutes rest between sets.



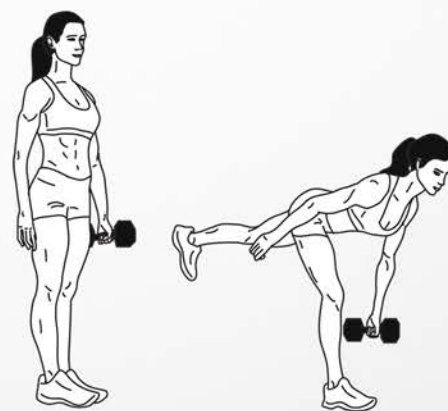
forward lunges
until fatigue



10 deadlifts



side lunges
until fatigue



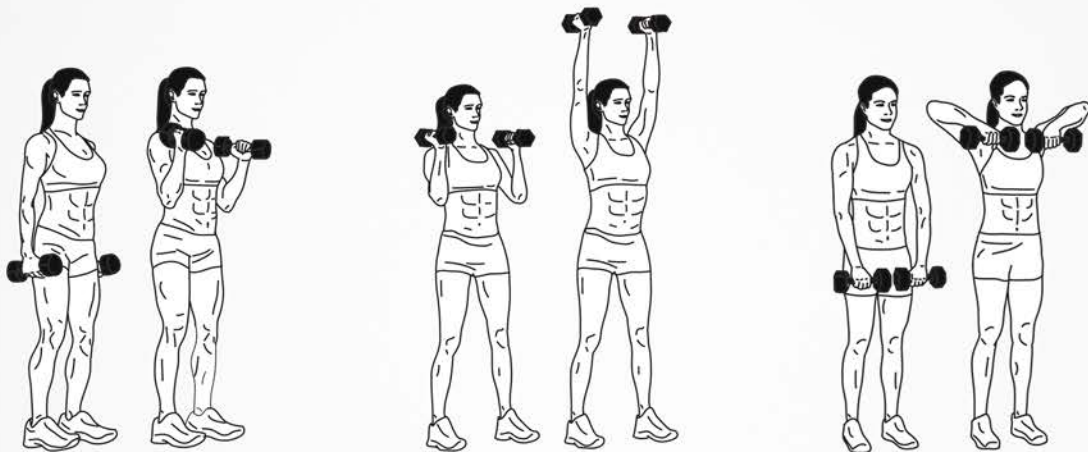
10 single leg deadlifts
5 reps each side

XPRESS TONE

© darebee.com

DAY 23

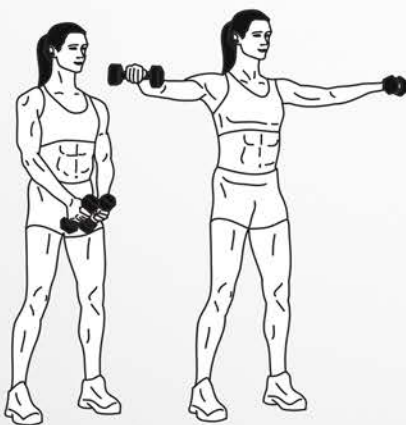
5 sets in total.
2 minutes rest between sets.



hammer curls
until fatigue

10 shoulder press

10 upright rows



lateral raises
until fatigue



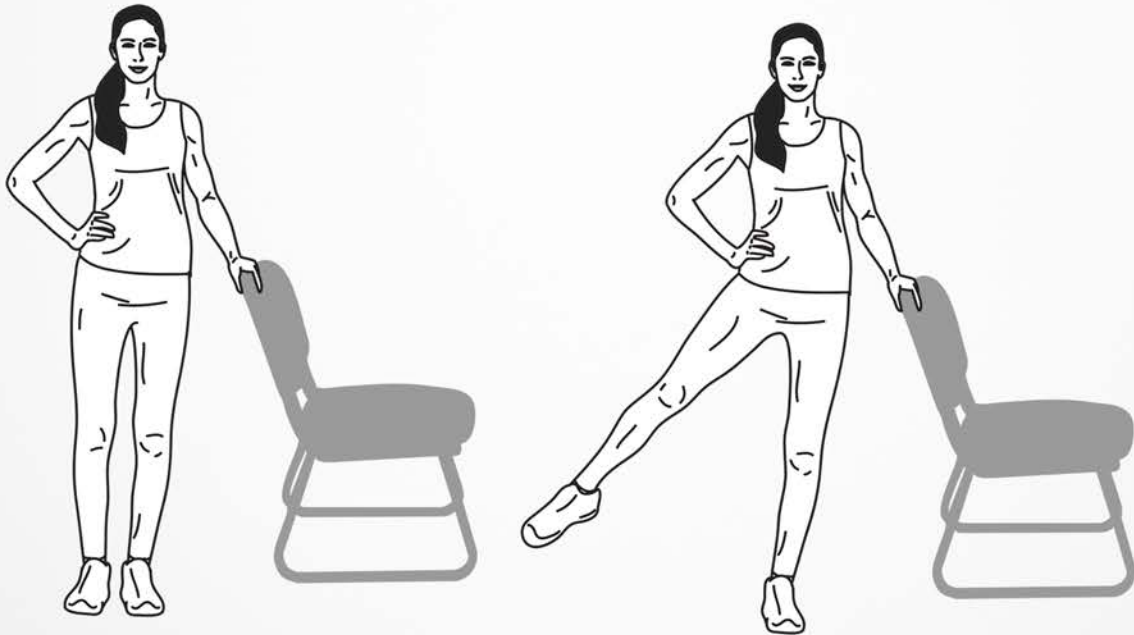
10-count hold

XPRESS XTONE

© darebee.com

DAY 24

3 sets in total.
Rest for as long as you need.



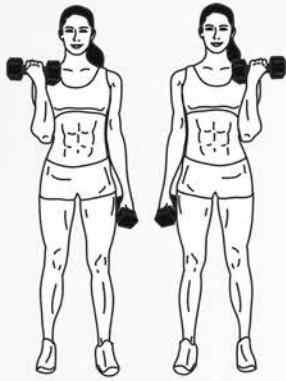
100 side leg raises
50 reps per side

XPRESS TONE

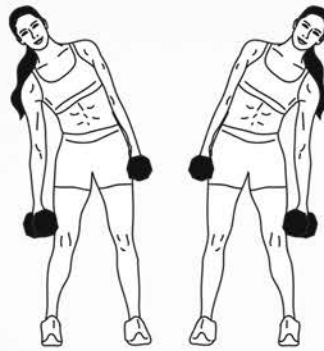
© darebee.com

DAY 25

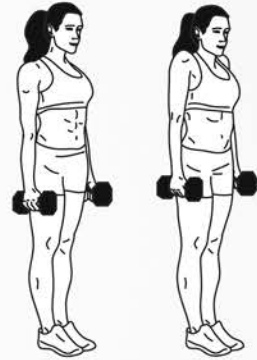
5 sets in total.
2 minutes rest between sets.



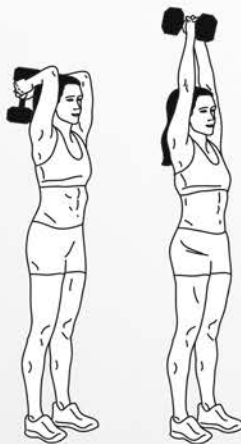
alternating bicep curls
until fatigue



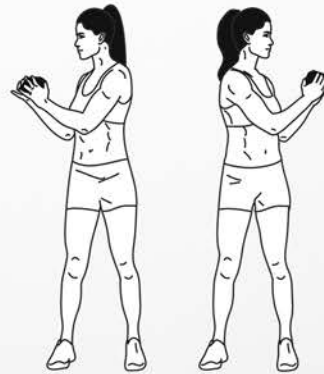
10 side bends



10 shrugs



tricep extensions
each arm until fatigue



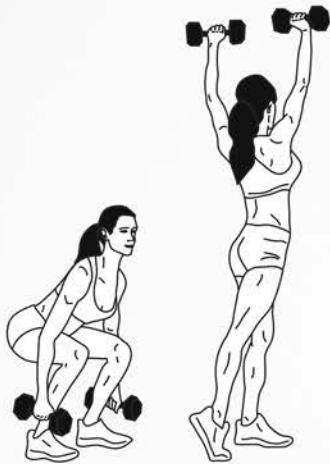
10 core twists

XPRESS TONE

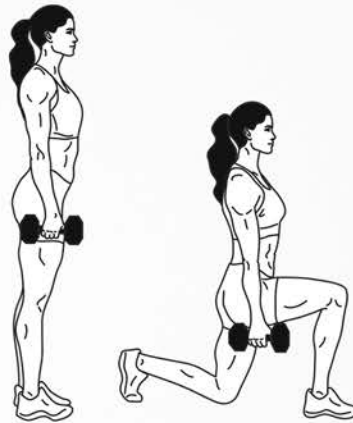
© darebee.com

DAY 26

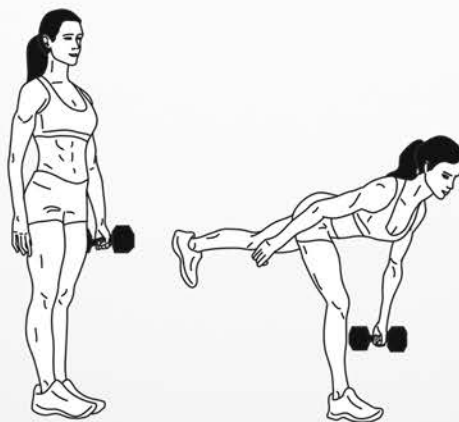
5 sets in total.
2 minutes rest between sets.



squats into shoulder press
until fatigue



forward lunges
until fatigue



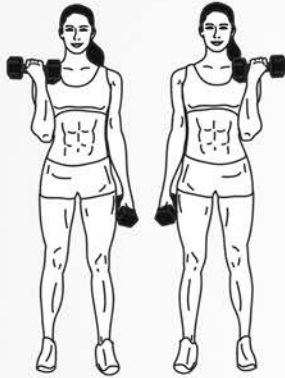
10 single leg deadlifts 5 reps each side

XPRESS XTONE

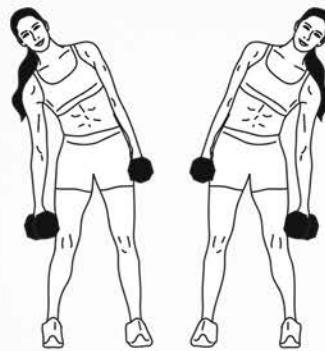
© darebee.com

DAY 27

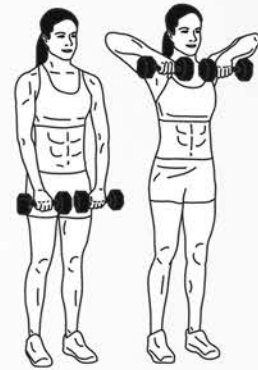
5 sets in total.
2 minutes rest between sets.



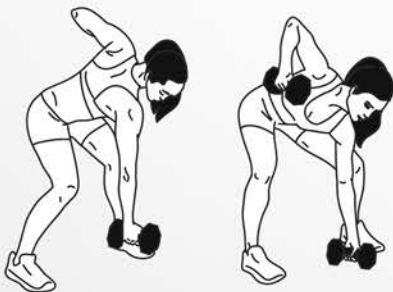
alternating bicep curls
until fatigue



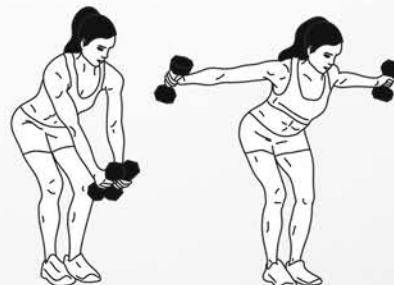
10 side bends



upright rows
until fatigue



bent over rows
until fatigue



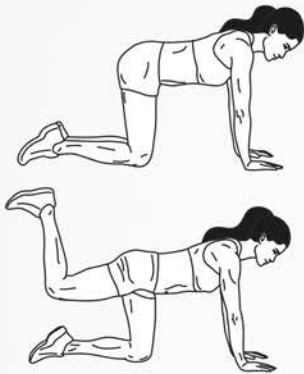
bent over flys
until fatigue

XPRESS XTONE

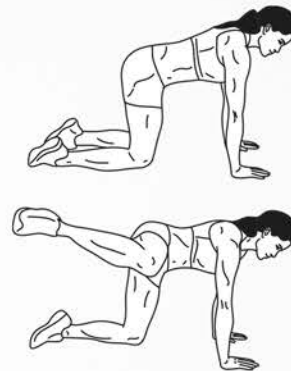
© darebee.com

DAY 28

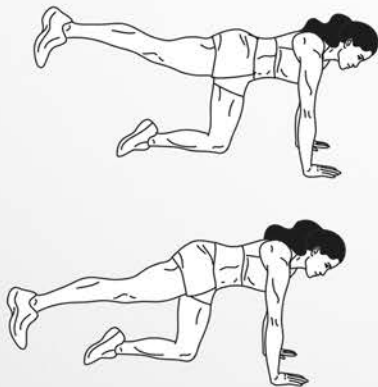
Change sides &
repeat the sequence again.



50 leg extensions



50 side leg extensions



50 extended leg swings



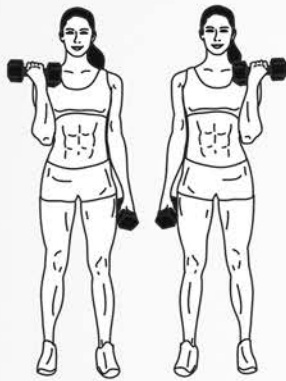
50-count hold

XPRESS TONE

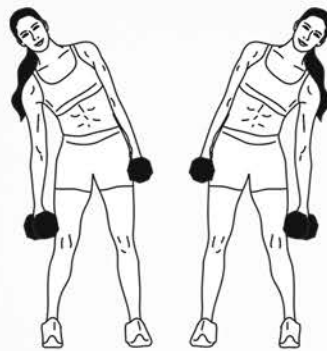
© darebee.com

DAY 29

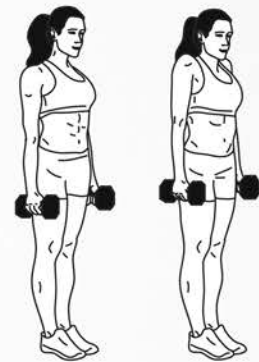
5 sets in total.
2 minutes rest between sets.



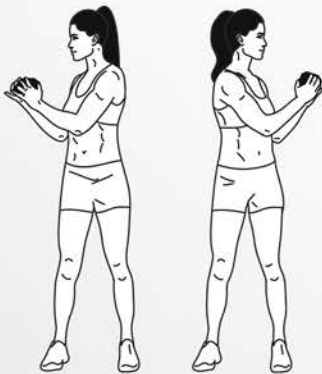
alternating bicep curls
until fatigue



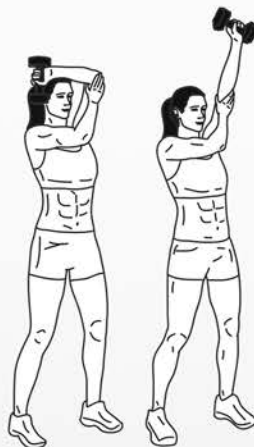
10 side bends



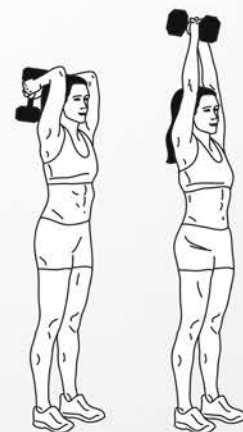
10 shrugs



10 core twists



tricep extensions #1
until fatigue



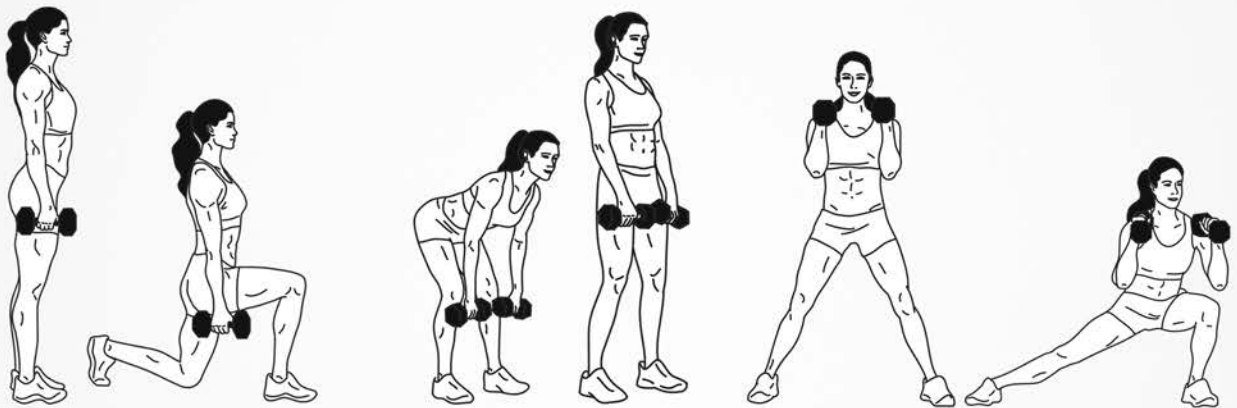
tricep extensions #2
until fatigue

XPRESS TONE

© darebee.com

DAY 30

5 sets in total.
2 minutes rest between sets.



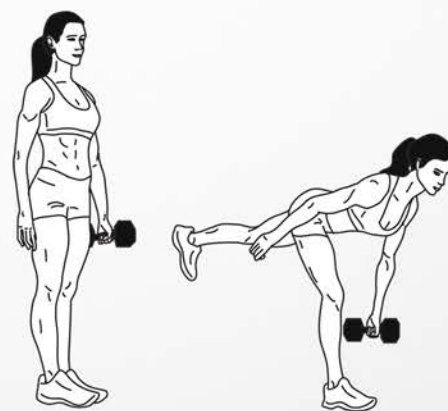
forward lunges
until fatigue

deadlifts
until fatigue

side lunges
until fatigue



goblet squats
until fatigue



10 single leg deadlifts
5 reps each side

visual workouts and fitness programs at

DAREBEE | darebee.com

This project is supported exclusively via donations
and every dollar makes a difference.

Whatever you feel comfortable giving
it will be greatly appreciated and it will make a difference
in this project's future.

donate \$1
and help to keep this project up

PayPal



+ other options