IRON BORN

Day 1
shoulders, chest & triceps
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4 sets shoulder press
reps: 12, 10, 10, 8

4 sets chest press
reps: 12, 10, 10, 8

4 sets lateral raises
reps: 6, 6, 4, 3

4 sets tricep extensions
reps: 5, 4, 4, 3 (per arm)

REST 30 seconds rest between sets | 2 minutes rest after each exercise
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Day 2
back & biceps
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4 sets
alt bicep curls
reps: 6, 5, 5, 4
per arm

4 sets
upright rows
reps: 8, 8, 6, 5

4 sets
deadlifts
reps: 8, 8, 6, 5

4 sets
shrugs
reps: 10, 10, 8, 6

4 sets
bent over rows
reps: 8, 8, 6, 5

4 sets
bent over flys
reps: 6, 5, 5, 4

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
Day 3
leg day

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4 sets goblet squats
reps: 12, 10, 10, 8

4 sets forward lunges
reps: 5, 4, 4, 3 (per leg)

4 sets side lunges
reps: 5, 4, 4, 3 (per side)

4 sets calf raises
reps: 14, 12, 12, 10

REST 30 seconds rest between sets | 2 minutes rest after each exercise
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**Day 4**

**ab work**

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**4 sets sit-ups**
reps: 16, 14, 14, 10

**4 sets sitting twists**
reps: 8, 7, 7, 5 (per side)

**4 sets leg raises**
reps: 16, 14, 14, 12

**4 sets flutter kicks**
reps: 10, 8, 8, 6 (per leg)

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**REST** 30 seconds rest between sets  |  2 minutes rest after each exercise
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Day 5
shoulders, chest & triceps
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4 sets arnold press
reps: 10, 10, 8, 6

4 sets push-ups
reps: 12, 10, 10, 8 (or to failure)

4 sets lateral raises
reps: 6, 6, 5, 4

4 sets tricep extensions
reps: 6, 5, 5, 4

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
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Day 6
back & biceps
c darebee.com

4 sets bicep curls
reps: 10, 8, 8, 6

4 sets bent over rows
reps: 8, 8, 6, 6

4 sets farmer’s walk
reps: 14, 12, 10, 10 - in steps

REST 30 seconds rest between sets | 2 minutes rest after each exercise
Day 7
leg day
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4 sets squats
reps: 8, 8, 6, 4

4 sets forward lunges
reps: 6, 4, 4, 3 (per leg)

4 sets reverse lunge step-ups
reps: 5, 4, 4, 3 (per leg)

4 sets calf raises
reps: 14, 14, 12, 10

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
Day 8
ab work

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4 sets elbow plank leg raises
reps: 10, 8, 8, 6 (per leg)

4 sets up & down planks
reps: 10, 8, 8, 6

4 sets elbow plank
30 seconds each

4 sets side elbow plank
30 seconds each side
change on the fly

REST
30 seconds rest between sets | 2 minutes rest after each exercise
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Day 9
shoulders, chest & triceps
c darebee.com

4 sets shoulder press
reps: 12, 12, 10, 8

4 sets chest press
reps: 12, 12, 10, 8

4 sets lateral raises
reps: 7, 6, 5, 4

4 sets forward raises
reps: 5, 4, 4, 3 (per arm)

REST 30 seconds rest between sets | 2 minutes rest after each exercise
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Day 10
back & biceps
c darebee.com

4 sets
alt bicep curls
reps: 6, 6, 5, 4
per arm

4 sets
upright rows
reps: 10, 8, 6, 5

4 sets
deadlifts
reps: 10, 8, 6, 5

4 sets
shrugs
reps: 12, 10, 8, 6

4 sets
renegade rows
reps: 7, 6, 6, 5
per arm

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
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Day 11
leg day
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4 sets goblet squats
reps: 12, 12, 10, 8

4 sets forward lunges
reps: 6, 5, 4, 3 (per leg)

4 sets single leg deadlifts
reps: 5, 5, 4, 3 (per side)

4 sets calf raises
reps: 14, 14, 12, 12

REST 30 seconds rest between sets | 2 minutes rest after each exercise
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Day 12
ab work
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4 sets sit-ups
reps: 16, 16, 14, 10

4 sets sitting twists
reps: 8, 7, 7, 6 (per side)

4 sets leg raises
reps: 16, 16, 14, 12

4 sets side jackknives
reps: 10, 8, 8, 6 (per side)

REST 30 seconds rest between sets | 2 minutes rest after each exercise
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Day 13
shoulders,
chest & triceps
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4 sets arnold press
reps: 10, 10, 8, 8

4 sets push-ups
reps: 12, 12, 10, 8 (or to failure)

4 sets lateral raises
reps: 7, 6, 6, 4

4 sets tricep extensions
reps: 6, 5, 5, 4

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
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Day 14
back & biceps
c darebee.com

4 sets
alt bicep curls
reps: 7, 6, 5, 4
per arm

4 sets
upright rows
reps: 10, 8, 6, 6

4 sets
deadlifts
reps: 10, 8, 8, 5

4 sets
shrugs
reps: 12, 10, 10, 6

4 sets
bent over rows
reps: 10, 8, 6, 6

4 sets
bent over flys
reps: 8, 6, 5, 4

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
Day 15
Leg day
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- 4 sets squats
  reps: 10, 8, 6, 4

- 4 sets forward lunges
  reps: 6, 5, 4, 4 (per leg)

- 4 sets side lunges
  reps: 5, 5, 4, 3 (per side)

- 4 sets calf raises
  reps: 16, 14, 12, 12

REST 30 seconds rest between sets | 2 minutes rest after each exercise
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Day 16
ab work
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4 sets elbow plank leg raises
reps: 10, 10, 8, 6 (per leg)

4 sets elbow plank side crunches
reps: 10, 8, 8, 6 (per side)

4 sets elbow plank
40 seconds each

4 sets side elbow plank
20 seconds each side
change on the fly

REST 30 seconds rest between sets  |  2 minutes rest after each exercise
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Day 17
shoulders, chest & triceps

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4 sets shoulder press
reps: 12, 12, 10, 10

4 sets chest press
reps: 12, 12, 10, 10

4 sets lateral raises
reps: 7, 7, 6, 4

4 sets tricep extensions
reps: 6, 5, 4, 3 (per arm)

REST 30 seconds rest between sets | 2 minutes rest after each exercise
Day 18
back & biceps
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4 sets bicep curls
reps: 12, 10, 8, 6

4 sets bent over rows
reps: 10, 8, 8, 6

4 sets farmer’s walk
reps: 14, 14, 12, 10 - in steps

REST  30 seconds rest between sets   |   2 minutes rest after each exercise
Day 19

leg day

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4 sets goblet squats
reps: 12, 12, 10, 10

4 sets forward lunges
reps: 6, 5, 5, 4 (per leg)

4 sets single leg deadlifts
reps: 6, 5, 4, 3 (per side)

4 sets calf raises
reps: 16, 14, 14, 12

REST
30 seconds rest between sets | 2 minutes rest after each exercise
Day 20
ab work
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4 sets V-ups
reps: 10, 10, 8, 6

4 sets sitting twists
reps: 10, 7, 7, 6 (per side)

4 sets leg raises
reps: 18, 16, 14, 12

4 sets knee-ins & twist
reps: 10, 8, 8, 6 (per side)

REST  30 seconds rest between sets | 2 minutes rest after each exercise
Day 21
Shoulders, chest & triceps

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4 sets arnold press
reps: 12, 10, 8, 8

4 sets push-ups
reps: 12, 12, 10, 10 (or to failure)

4 sets lateral raises
reps: 7, 7, 6, 5

4 sets tricep extensions
reps: 6, 5, 5, 4

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
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Day 22
back & biceps
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4 sets
alt bicep curls
reps: 7, 6, 5, 5
per arm

4 sets
upright rows
reps: 12, 8, 6, 6

4 sets
deadlifts
reps: 10, 8, 6

4 sets
shrugs
reps: 12, 10, 10, 8

4 sets
renegade rows
reps: 8, 6, 6, 5
per arm

REST
30 seconds rest between sets  |  2 minutes rest after each exercise
Day 23
leg day
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4 sets squats
reps: 10, 8, 6, 6

4 sets forward lunges
reps: 6, 6, 5, 4 (per leg)

4 sets reverse lunge step-ups
reps: 5, 5, 4, 3 (per leg)

4 sets calf raises
reps: 16, 16, 14, 12

REST  30 seconds rest between sets | 2 minutes rest after each exercise
Day 24
ab work
c darebee.com

4 sets elbow plank leg raises
reps: 10, 10, 8, 8 (per leg)

4 sets up & down planks
reps: 12, 10, 8, 6

4 sets elbow plank
30 seconds each

4 sets side elbow plank
30 seconds each

REST 30 seconds rest between sets | 2 minutes rest after each exercise
IRON BORN

Day 25
shoulders, chest & triceps
c darebee.com

4 sets shoulder press
repos: 14, 12, 10, 10

4 sets chest press
repos: 14, 12, 10, 10

4 sets lateral raises
repos: 8, 7, 6, 5

4 sets forward raises
repos: 5, 4, 4, 3 (per arm)

REST 30 seconds rest between sets | 2 minutes rest after each exercise
Day 26
back & biceps
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4 sets
alt bicep curls
reps: 8, 8, 6, 5
per arm

4 sets
upright rows
reps: 12, 8, 8, 6

4 sets
deadlifts
reps: 12, 8, 8, 6

4 sets
shrugs
reps: 12, 12, 10, 8

4 sets
bent over rows
reps: 12, 8, 8, 6

4 sets
bent over flys
reps: 8, 6, 5, 4

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
Day 27
leg day

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4 sets squats
reps: 14, 12, 10, 10

4 sets forward lunges
reps: 6, 6, 5, 5 (per leg)

4 sets single leg deadlifts
reps: 6, 5, 4, 4 (per side)

4 sets calf raises
reps: 16, 16, 14, 14

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
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Day 28
ab work
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4 sets sit-ups
reps: 16, 16, 14, 14

4 sets sitting twists
reps: 10, 8, 7, 7 (per side)

4 sets leg raises
reps: 18, 18, 14, 12

4 sets side jackknives
reps: 12, 10, 8, 6 (per side)

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
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Day 29
shoulders, chest & triceps
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4 sets arnold press
reps: 12, 12, 10, 8

4 sets push-ups
reps: 14, 12, 10, 10 (or to failure)

4 sets lateral raises
reps: 8, 8, 7, 5

4 sets tricep extensions
reps: 6, 6, 4, 4 (per arm)

REST  30 seconds rest between sets | 2 minutes rest after each exercise
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Day 30
back & biceps
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4 sets bicep curls
reps: 12, 10, 10, 8

4 sets bent over rows
reps: 12, 10, 8, 6

4 sets farmer’s walk
reps: 14, 14, 12, 12 - in steps

REST  30 seconds rest between sets  |  2 minutes rest after each exercise
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