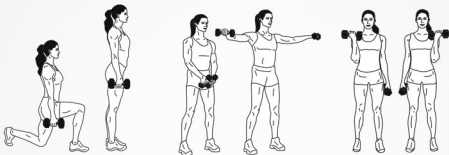


# APEX

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

30 seconds rest between exercises



**16** reverse lunges

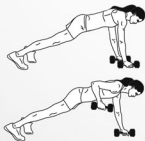
**5 sets** | 30 seconds rest

**6** lateral raises

**5 sets** | 30 seconds rest

**16** bicep curls

**5 sets** | 30 seconds rest



**16** renegade rows

**5 sets** | 30 seconds rest

**16** bridges

**5 sets** | 30 seconds rest