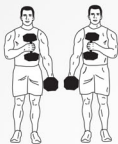


BANISHER

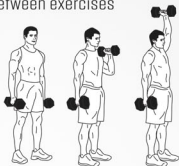
DAREBEE WORKOUT @ darebee.com

60 seconds rest between exercises



12 cross curls

5 sets | 30 seconds rest



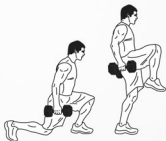
12 shoulder press

5 sets | 30 seconds rest



12 side lunges

5 sets | 30 seconds rest



12 lunge step-ups

5 sets | 30 seconds rest



12 push-up renegade rows

5 sets | 30 seconds rest

