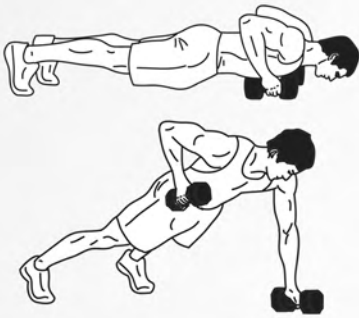
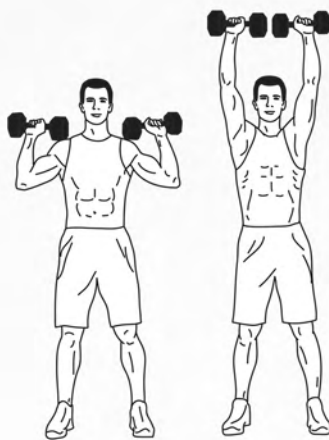


BIG BACK

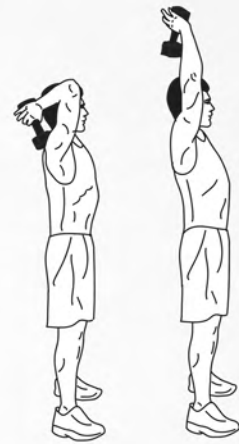
DAREBEE WORKOUT @ darebee.com



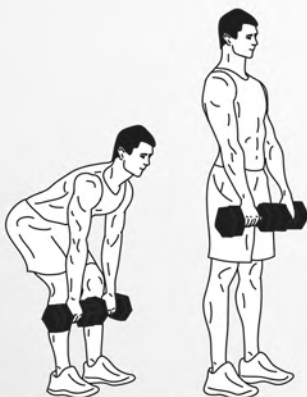
12 push-up renegade rows
x 4 sets in total
20 seconds rest



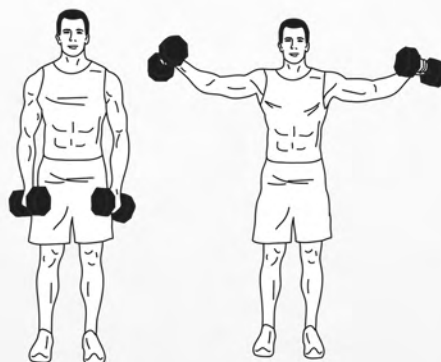
8 shoulder press
x 4 sets in total
20 seconds rest



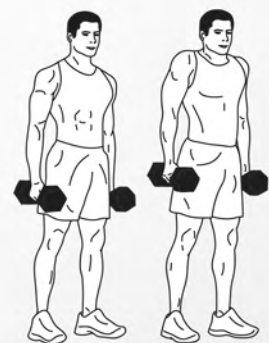
8 tricep extensions
x 4 sets in total
20 seconds rest



8 deadlifts
x 4 sets in total
20 seconds rest



8 lateral raises
x 4 sets in total
20 seconds rest



12 shrugs
x 4 sets in total
20 seconds rest