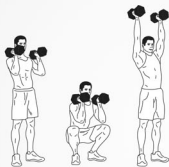


BULK ORDER

DAREBEE
WORKOUT

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10 squat into shoulder press
5 sets in total
60 sec rest in between



10 lunge into bicep curl
5 sets in total
60 sec rest in between



8 lateral raises
5 sets in total
60 sec rest in between



8 chest rows
5 sets in total
60 sec rest in between



8 bent over rows
5 sets in total
60 sec rest in between