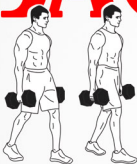


# DUMBBELLS ONLY BACK

DAREBEE  
WORKOUT

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30 seconds rest  
between exercises



**10** farmer's carry  
5 sets | 60 seconds rest



**10** deadlifts  
5 sets | 60 seconds rest



**10** renegade rows  
5 sets | 60 seconds rest



**10** pullovers  
5 sets | 60 seconds rest