

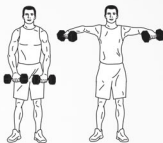
GOLIATH

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



12 biceps curls **x 5 sets** in total
60 seconds rest between sets



6 lateral raises **x 5 sets** in total
60 seconds rest between sets



6 deadlifts **x 5 sets** in total
60 seconds rest between sets



6 upright rows **x 5 sets** in total
60 seconds rest between sets