

HARDGAINER

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



hammer curls
12, 10, 8, 6 reps
20 seconds rest
between sets



upward rows
12, 10, 8, 6 reps
20 seconds rest
between sets



shoulder press
12, 10, 8, 6 reps
20 seconds rest
between sets



tricep extensions
6, 5, 4, 3 reps each
20 seconds rest
between sets



deadlifts
12, 10, 8, 6 reps
20 seconds rest
between sets



bent over rows
12, 10, 8, 6 reps
20 seconds rest
between sets