

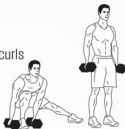
# IRON DRAGON

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

2 minutes rest between exercises



**12** lunge hammer curls  
**x 4 sets** in total  
20 seconds rest  
between sets



**12** side lunges  
**x 4 sets** in total  
20 seconds rest  
between sets



**8** calf raises  
**x 4 sets** in total  
20 seconds rest  
between sets



**6** shrugs  
**x 4 sets** in total  
20 seconds rest  
between sets



**8** chest rows  
**x 4 sets** in total  
20 seconds rest  
between sets



**6** lateral raises  
**x 4 sets** in total  
20 seconds rest  
between sets