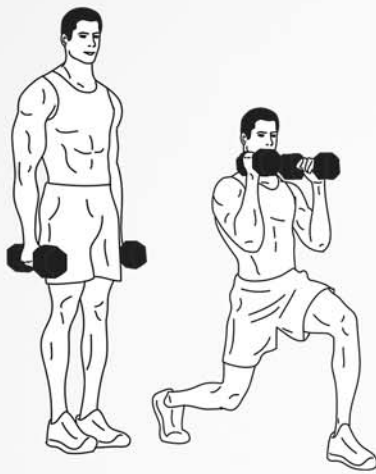


# JACKED

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

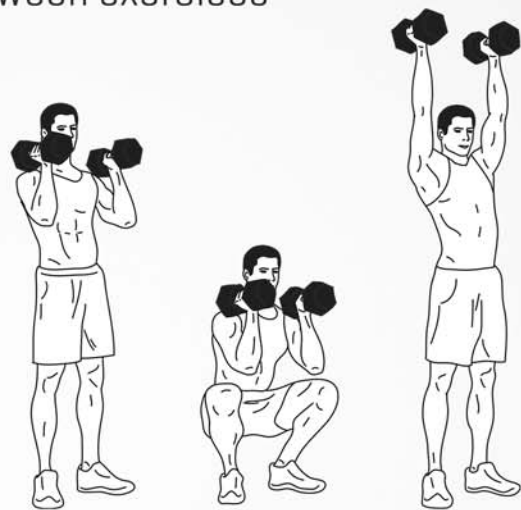
2 minutes rest between exercises



**lunge + bicep curls**

**12, 10, 8, 6 reps**

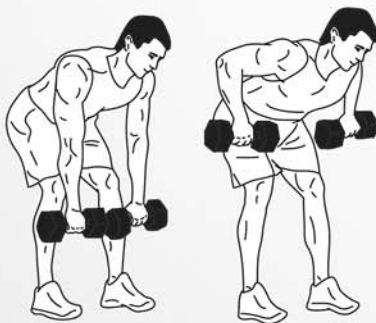
20 seconds rest between sets



**squat + shoulder press**

**12, 10, 8, 6 reps**

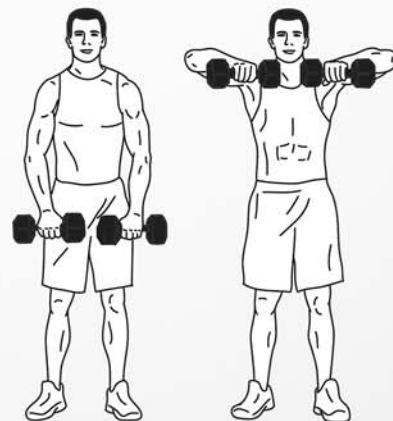
20 seconds rest between sets



**bent over rows**

**12, 10, 8, 6 reps**

20 seconds rest between sets



**upright rows**

**12, 10, 8, 6 reps**

20 seconds rest between sets