

THE MAMMOTH

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



16 reverse lunges
x 5 sets in total
30 seconds rest
between sets



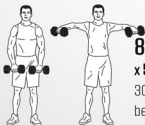
16 calf raises
x 5 sets in total
30 seconds rest
between sets



12 bicep curls
x 5 sets in total
30 seconds rest
between sets



12 shoulder press
x 5 sets in total
30 seconds rest
between sets



8 lateral raises
x 5 sets in total
30 seconds rest
between sets



8 upright rows
x 5 sets in total
30 seconds rest
between sets