

# SUPER STRENGTH

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

20 seconds rest between sets | 20 seconds rest between exercises



10 goblet squats  
x 3 sets



10 side bends  
x 3 sets



10 calf raises  
x 3 sets



10 forward lunges  
x 3 sets



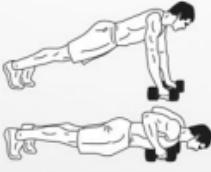
10 bent over rows  
x 3 sets



10 deadlifts  
x 3 sets



10 bicep curls  
x 3 sets



10 push-ups  
x 3 sets



10 renegade rows  
x 3 sets