

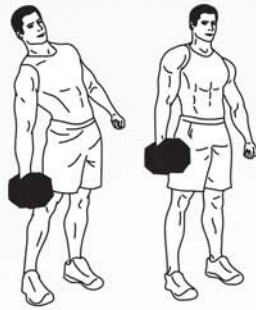
SUPER STRENGTH

DAREBEE WORKOUT @ darebee.com

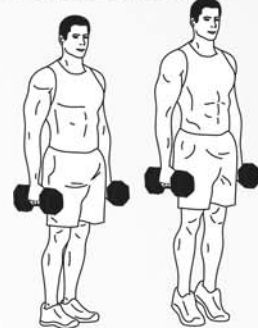
20 seconds rest between sets | no rest between exercises



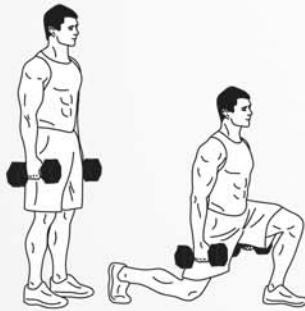
10 goblet squats
x 3 sets



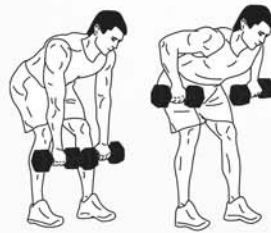
10 side bends
x 3 sets



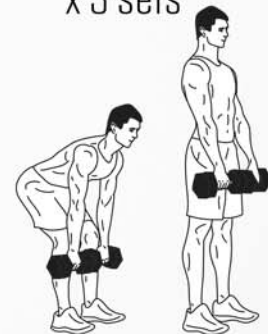
10 calf raises
x 3 sets



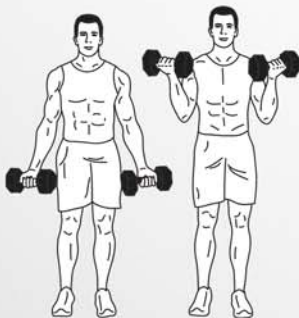
10 forward lunges
x 3 sets



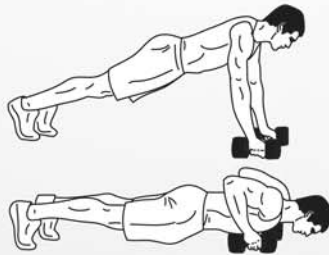
10 bent over rows
x 3 sets



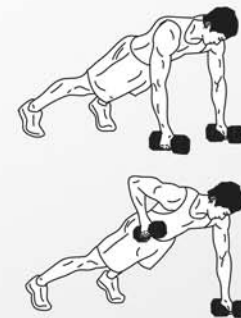
10 deadlifts
x 3 sets



10 bicep curls
x 3 sets



10 push-ups
x 3 sets



10 renegade rows
x 3 sets