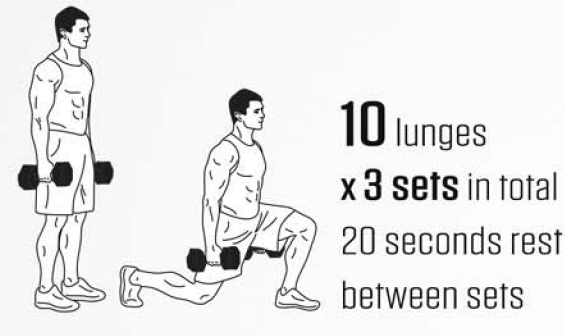
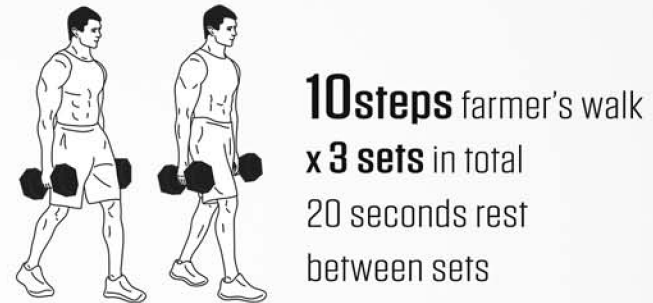


THE GAINER

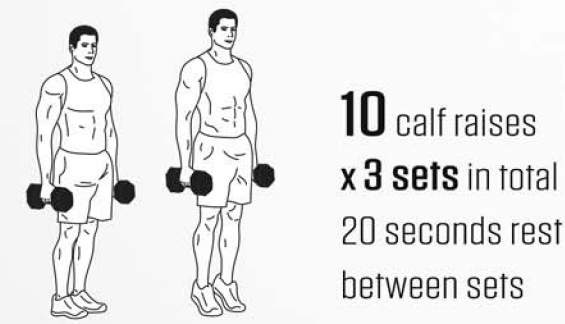
DAREBEE WORKOUT @ darebee.com
2 minutes rest between exercises



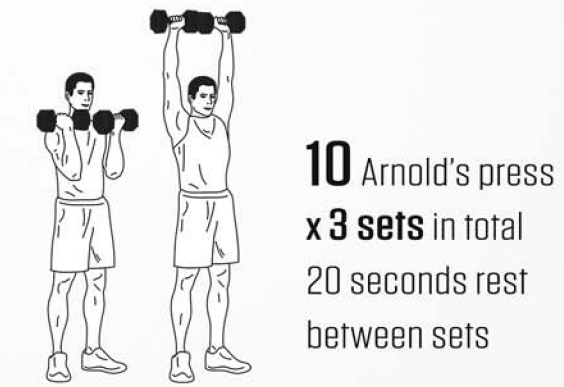
10 lunges
x 3 sets in total
20 seconds rest between sets



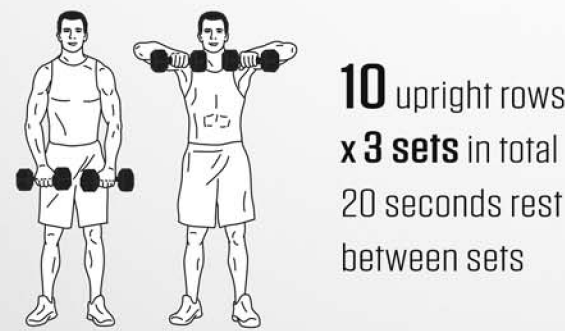
10 steps farmer's walk
x 3 sets in total
20 seconds rest between sets



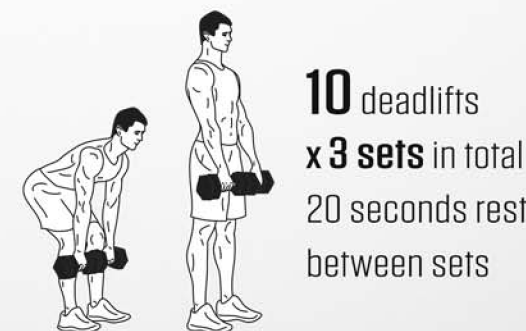
10 calf raises
x 3 sets in total
20 seconds rest between sets



10 Arnold's press
x 3 sets in total
20 seconds rest between sets



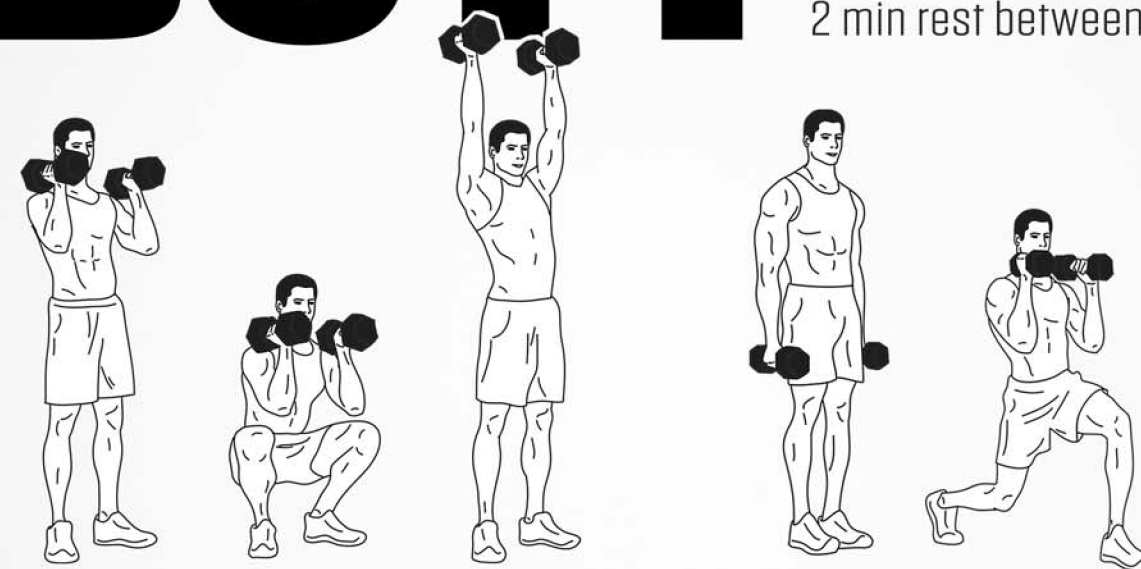
10 upright rows
x 3 sets in total
20 seconds rest between sets



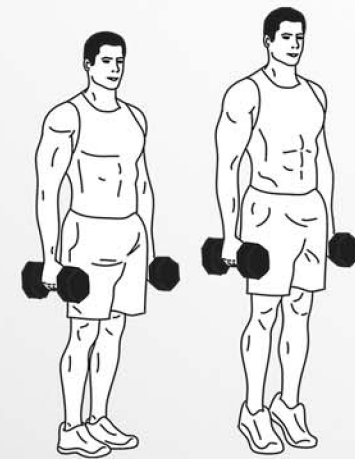
10 deadlifts
x 3 sets in total
20 seconds rest between sets

HEAVY DUTY

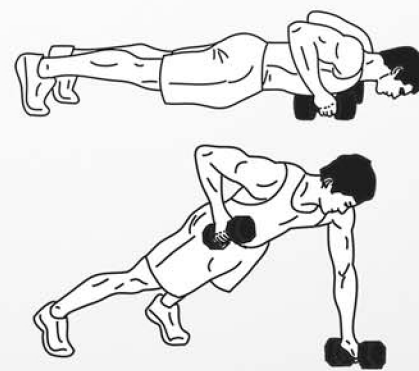
WORKOUT BY DAREBEE
@ darebee.com
5 sets in total
2 min rest between sets



20 combos squat + shoulder press **20 combos** lunge + hammer curl



20 calf raises

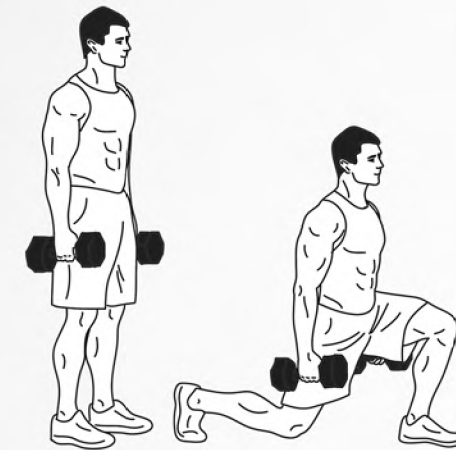


20 renegade row push-ups

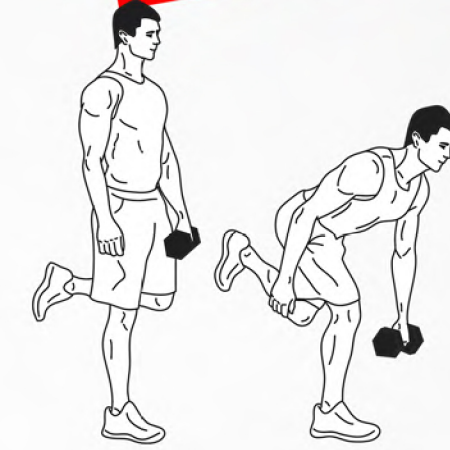
GLUTES

WORKOUT BY @ darebee.com
2 minutes rest between exercises

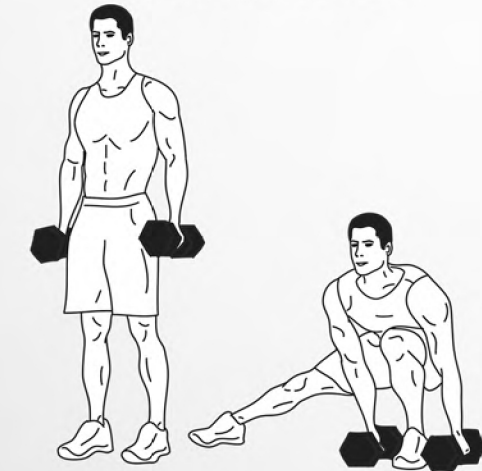
SCULPT



forward lunges
12, 10, 8, 6 (both legs)
30 seconds rest



single leg deadlifts
12, 10, 8, 6 (both legs)
30 seconds rest



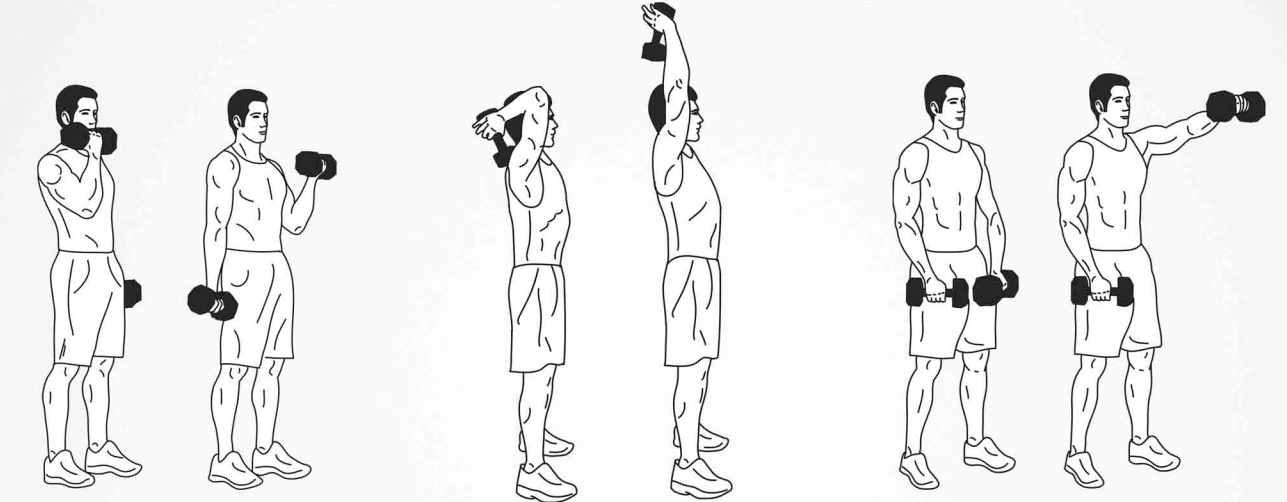
deep side lunges
12, 10, 8, 6 (both legs)
30 seconds rest



goblet squats
10, 8, 6, 4
30 seconds rest

Power 25

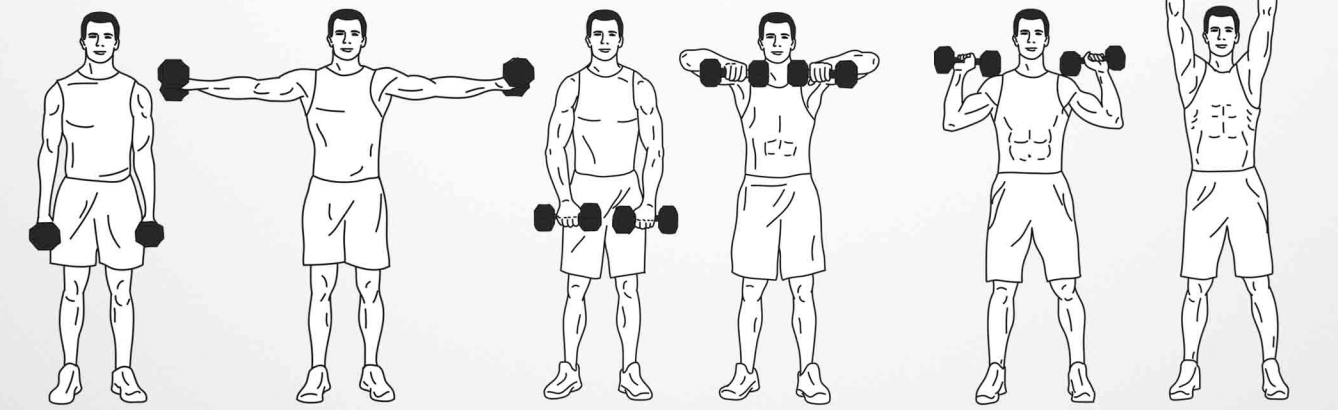
DAREBEE WORKOUT @ darebee.com
Use weights you can just do this routine with.
Pick up heavier weights the moment it gets easier.



12 alt bicep curls
3 sets | 20 sec rest

6 tricep extensions
3 sets | 20 sec rest

12 front arm raises
3 sets | 20 sec rest



6 side arm raises
3 sets | 20 sec rest

6 upright rows
3 sets | 20 sec rest

6 shoulder press
3 sets | 20 sec rest