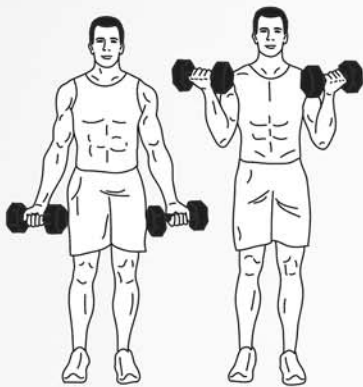


# MUSCLE FACTORY

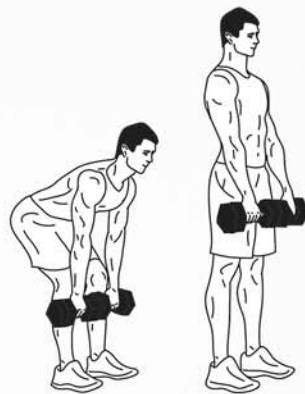
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

2 minutes rest between exercises

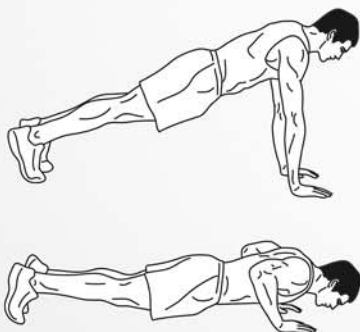
**UPPERBODY**



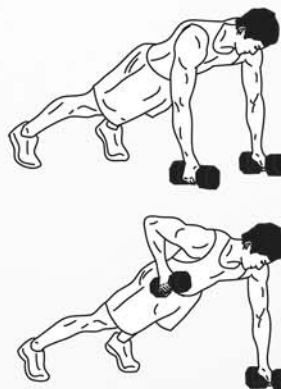
**10** bicep curls  
**x 5 sets** in total  
30 seconds rest  
between sets



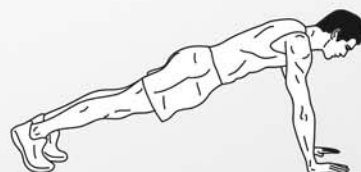
**10** deadlifts  
**x 5 sets** in total  
30 seconds rest  
between sets



**20** push-ups  
**x 5 sets** in total  
30 seconds rest  
between sets



**10** renegade rows  
**x 5 sets** in total  
30 seconds rest  
between sets



**10** up and down planks **x 5 sets** in total | 30 seconds rest between sets