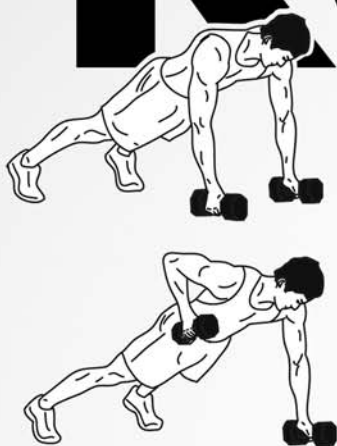


POWER ROW

DAREBEE
WORKOUT

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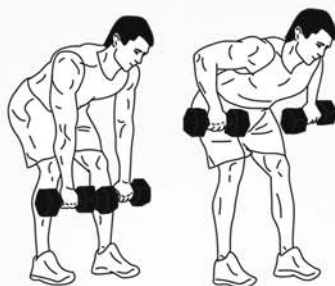


renegade rows

12, 10, 10, 8 (in total)

4 sets

20 seconds rest
between sets



bent over rows

10, 10, 8, 6

4 sets

20 seconds rest
between sets

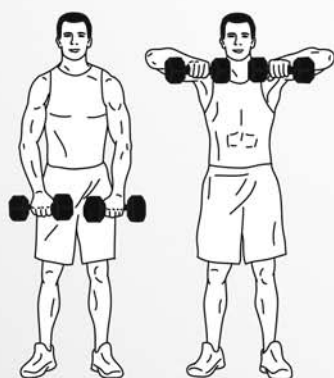


goblet squats

12, 10, 10, 8

4 sets

20 seconds rest
between sets

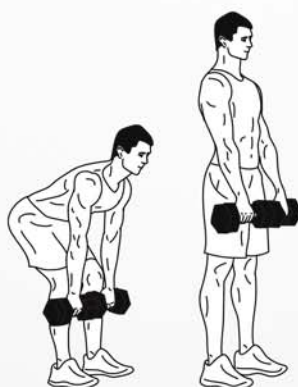


upright rows

10, 10, 8, 6

4 sets

20 seconds rest
between sets

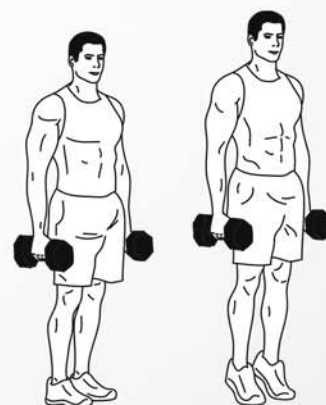


deadlifts

8, 8, 6, 4

4 sets

20 seconds rest
between sets



calf raises

12, 10, 10, 8

4 sets

20 seconds rest
between sets