

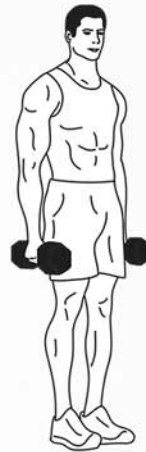
HEAVY DUTY

WORKOUT BY DAREBEE

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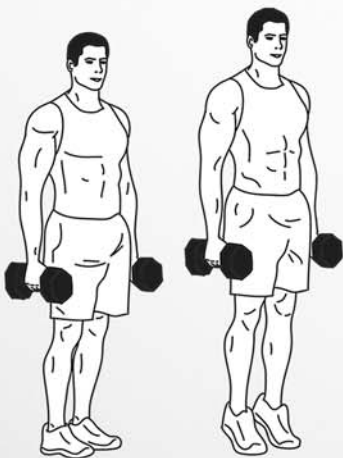
5 sets in total

2 min rest between sets

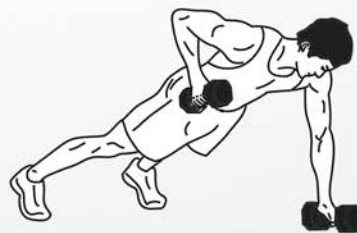


20 combos squat + shoulder press

20 combos lunge + hammer curl



20 calf raises



20 renegade row push-ups