

BIGGER ARMS

DAREBEE WORKOUT © darebee.com

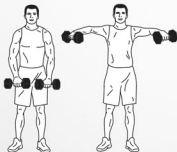
2 minutes rest between exercises



8 / 8 bicep curls **x 5 sets** in total
60 seconds rest between sets



8 / 8 tricep extensions **x 5 sets** in total
60 seconds rest between sets



8 lateral raises **x 5 sets** in total
20 seconds rest between sets



8 / 8 forward raises **x 5 sets** in total
20 seconds rest between sets