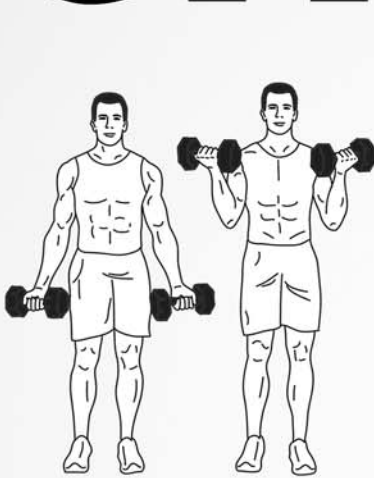


ARM SHRED

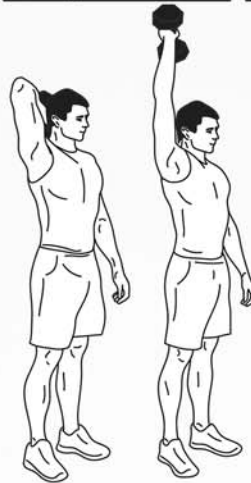
DAREBEE
WORKOUT

@ darebee.com

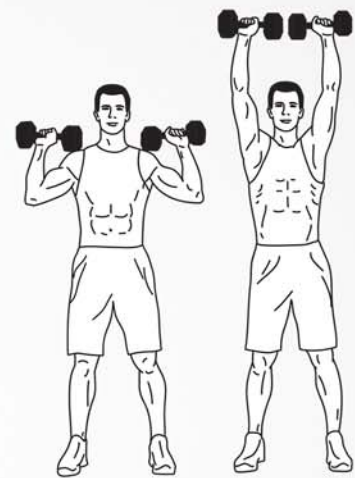
60 seconds rest
between exercises



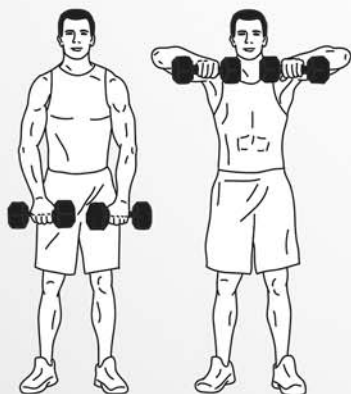
bicep curls
12/10/8/6 reps
30 seconds rest
between sets



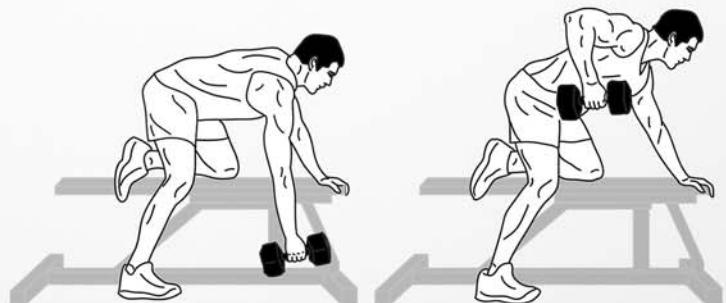
tricep extensions
6/5/4/3 reps per side
30 seconds rest
between sets



shoulder press
12/10/8/6 reps
30 seconds rest
between sets



upright rows
12/10/8/6 reps
30 seconds rest between sets



kneeling one arm rows
12/10/8/6 reps per side
30 seconds rest between sets