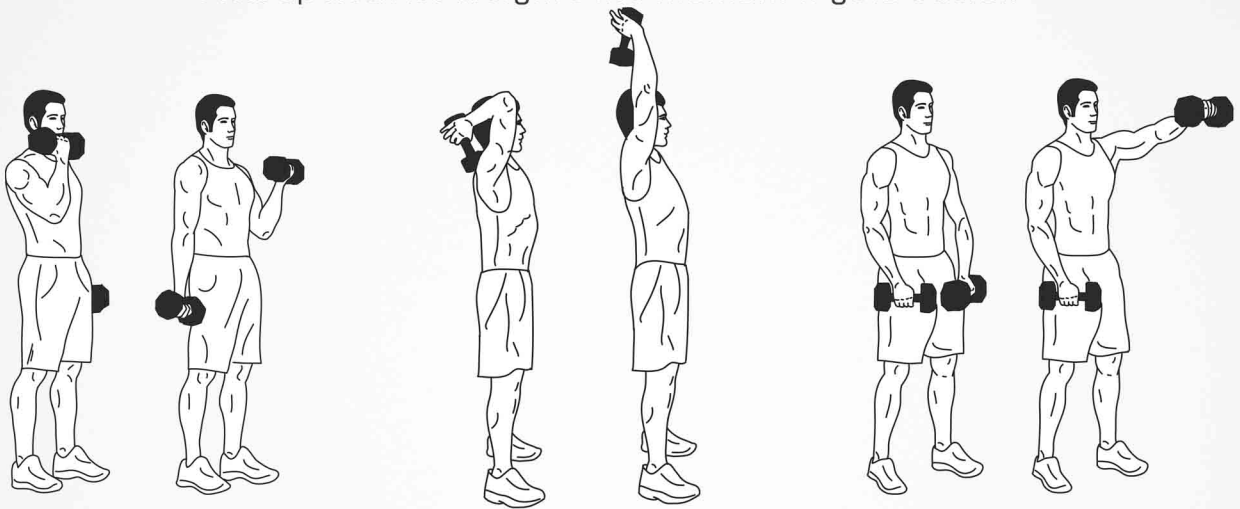


Power **25**

DAREBEE WORKOUT @ darebee.com

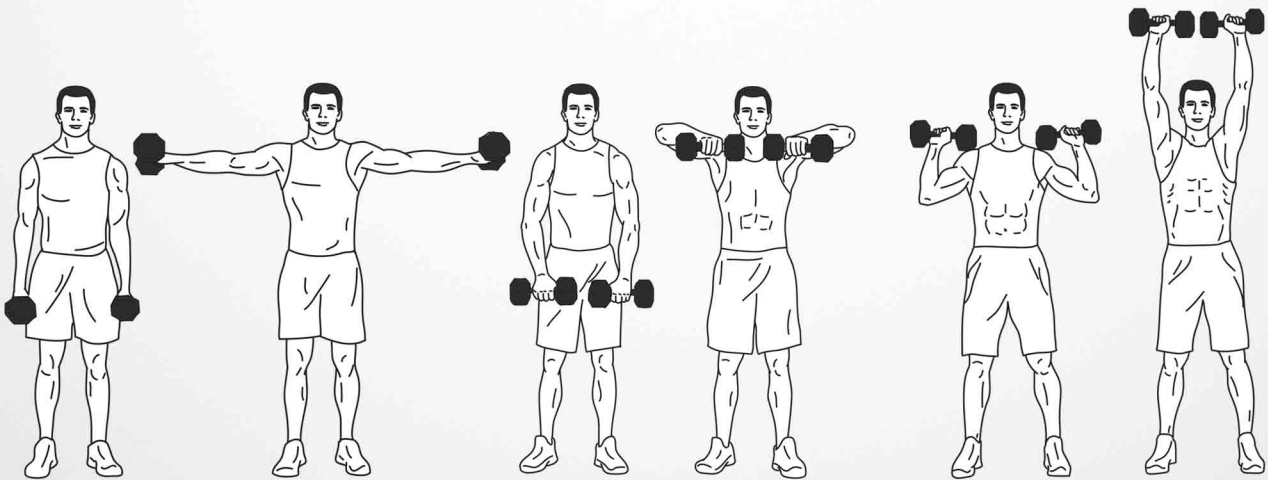
Use weights you can just do this routine with.
Pick up heavier weights the moment it gets easier.



12 alt bicep curls
3 sets | 20 sec rest

6 tricep extensions
3 sets | 20 sec rest

12 front arm raises
3 sets | 20 sec rest



6 side arm raises
3 sets | 20 sec rest

6 upright rows
3 sets | 20 sec rest

6 shoulder press
3 sets | 20 sec rest