

FORGE MASTER

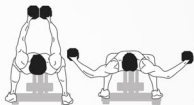
DAREBEE WORKOUT © darebee.com

30 seconds rest between exercises



12 bicep curls

5 sets | 30 seconds rest



12 flys

5 sets | 30 seconds rest



12 rows

5 sets | 30 seconds rest



12 hammer curls

5 sets | 30 seconds rest



12 shrugs

5 sets | 30 seconds rest