

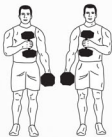
BICEPS BLAST

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 alt bicep curls



12 cross curls



12 alt hammer curls



12 concentration curls



12 kneeling rows