

# HEPHAESTUS

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

2 minutes rest between exercises



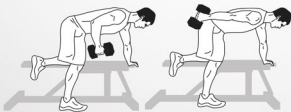
**12** hammer curls  
**x 5 sets** in total  
20 seconds rest  
between sets



**12** shoulder press  
**x 5 sets** in total  
20 seconds rest  
between sets



**12** rows  
**x 5 sets** in total  
20 seconds rest  
between sets



**12** tricep extensions  
**x 5 sets** in total  
20 seconds rest  
between sets