

# TRIM & TONE

## ARMS

WORKOUT

by DAREBEE

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2 minutes rest

between exercises



**12 reps**

**5 sets**

alternating bicep curls  
20 seconds rest  
between sets



**12 reps**

**5 sets**

tricep extensions  
20 seconds rest  
between sets



**6 reps**

**5 sets**

shoulder press  
20 seconds rest  
between sets



**6 reps**

**5 sets**

body rows  
20 seconds rest  
between sets