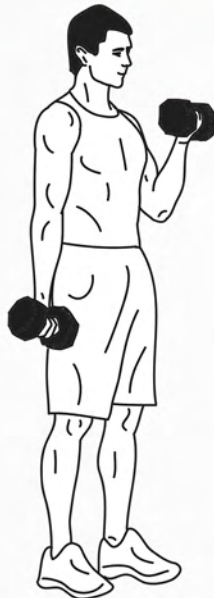
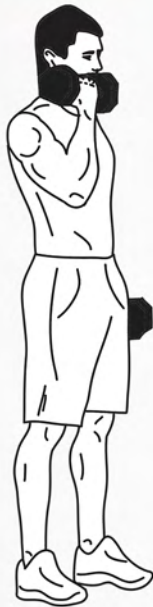
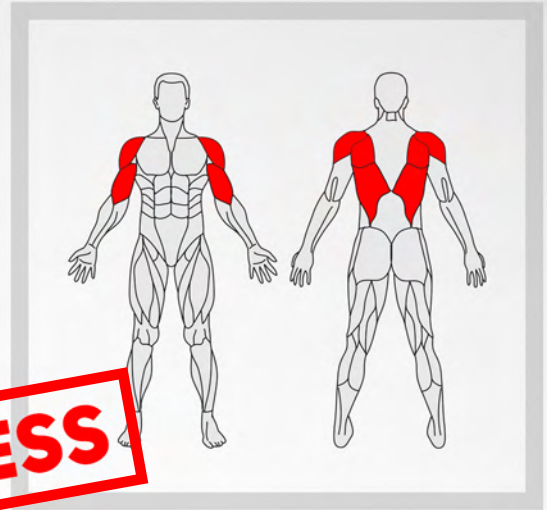


BACK & BICEPS

DAREBEE WORKOUT

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EXPRESS



20 alternating bicep curls
x 4 sets in total
20 seconds rest
between sets



10 bent over rows
x 4 sets in total
20 seconds rest
between sets