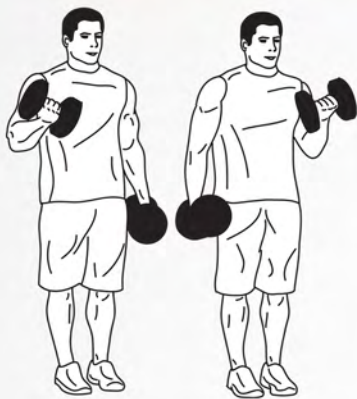
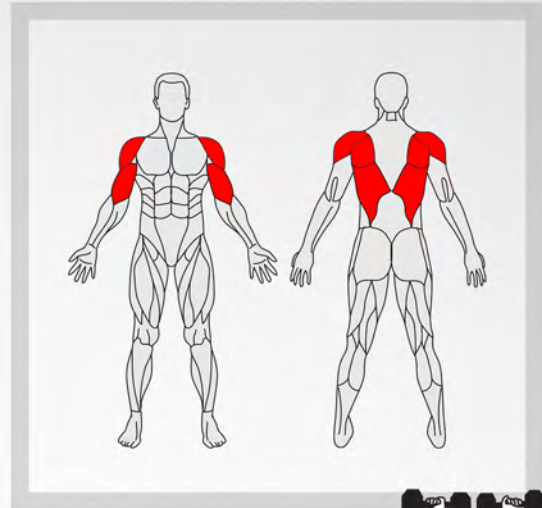


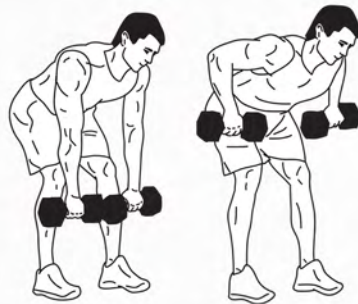
BACK & BICEPS

DAREBEE WORKOUT

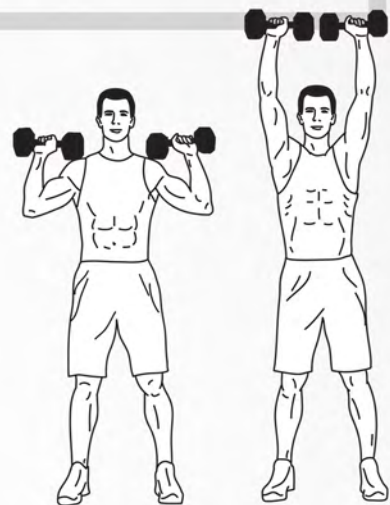
@ darebee.com



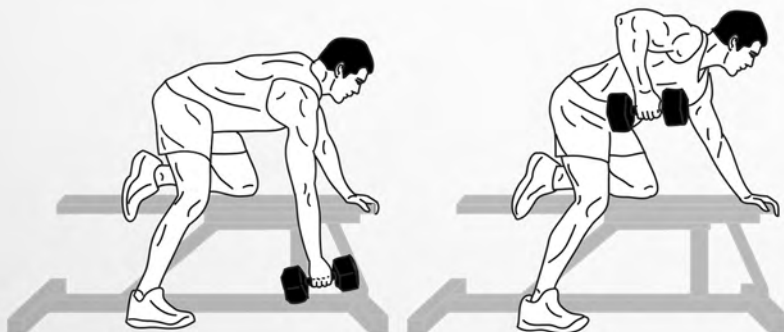
10 alt bicep curls
x 3 sets in total
20 seconds rest
between sets



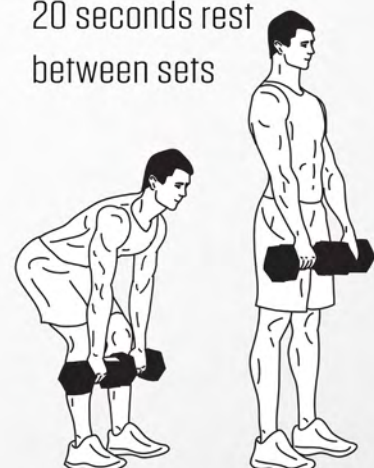
8 bent over rows
x 3 sets in total
20 seconds rest
between sets



8 shoulder press
x 3 sets in total
20 seconds rest
between sets



16 kneeling one arm rows
x 3 sets in total
20 seconds rest between sets



8 dead lifts
x 3 sets in total
20 seconds rest between sets