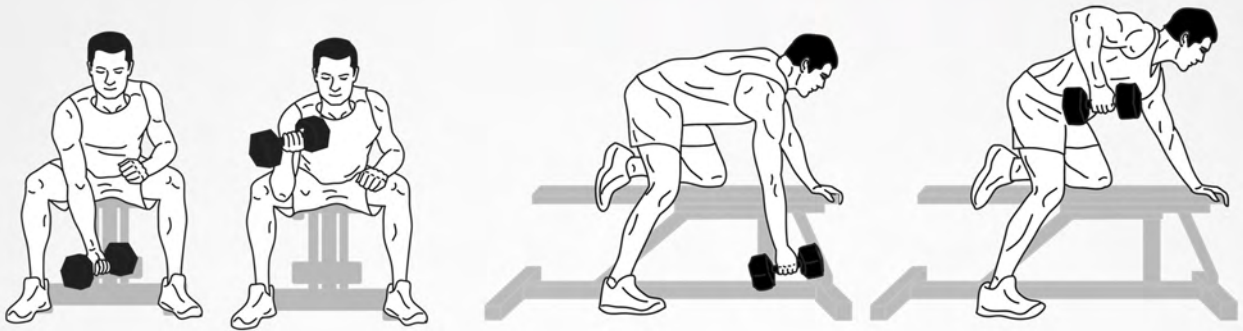


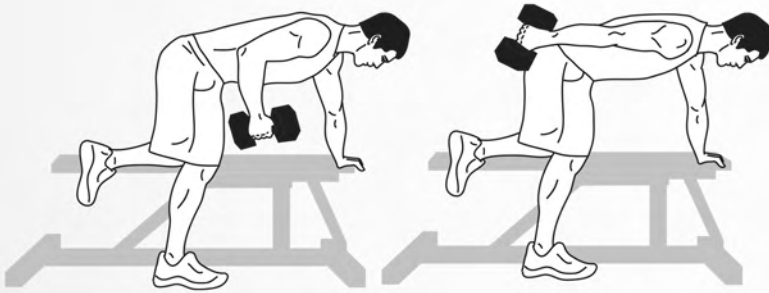
# BENCHED

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

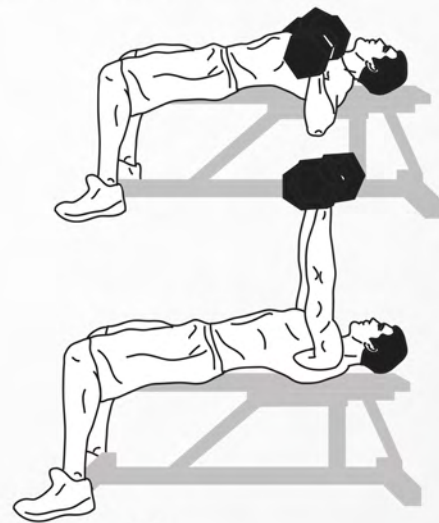


**10 / 10** bicep curls  
x **4 sets** in total | 20 seconds rest

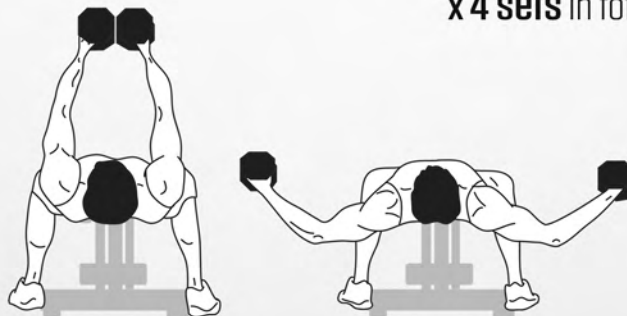
**10 / 10** rows  
x **4 sets** in total | 20 seconds rest



**10 / 10** tricep extensions  
x **4 sets** in total | 20 seconds rest



**10** chest press  
x **4 sets** in total | 20 seconds rest



**10** chest fly x **4 sets** in total | 20 seconds rest