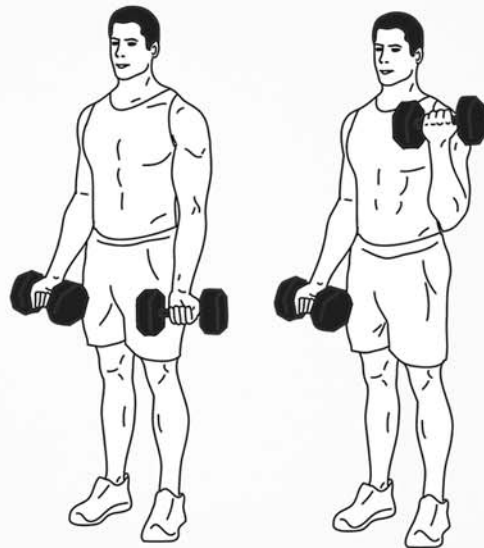


# ***biceps*** & ***triceps***

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

**20** bicep curls  
**x 3 sets in total**  
30 seconds rest  
between sets



**20** tricep dips  
**x 3 sets in total**  
30 seconds rest  
between sets

