

BICEPS ONLY

DAREBEE WORKOUT @ darebee.com

30 seconds rest between exercises



12 bicep curls

4 sets | 30 seconds rest

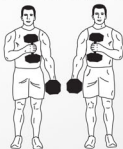
12 rows

4 sets | 30 seconds rest



12 bent over rows

4 sets | 30 seconds rest



12 cross curls

4 sets | 30 seconds rest