

# BIGGER ARMS

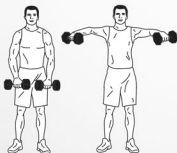
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

2 minutes rest between exercises



**8 / 8** bicep curls **x 5 sets** in total  
60 seconds rest between sets

**8 / 8** tricep extensions **x 5 sets** in total  
60 seconds rest between sets



**8** lateral raises **x 5 sets** in total  
20 seconds rest between sets



**8 / 8** forward raises **x 5 sets** in total  
20 seconds rest between sets