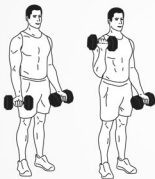


# EPIC ARMS

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



10 alt bicep curls

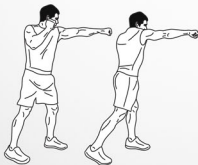
20 punches

10 alt bicep curls

20 punches

10 alt bicep curls

20 punches



10 alt bicep curls

20 punches

10 alt bicep curls

20 punches

done