

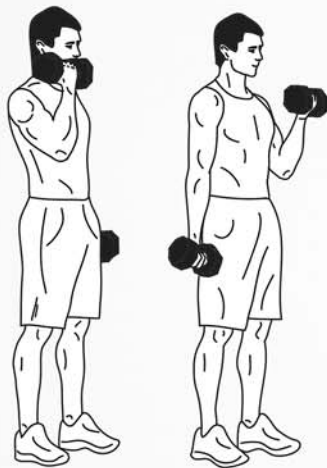
HD ARMS

DAREBEE WORKOUT © darebee.com

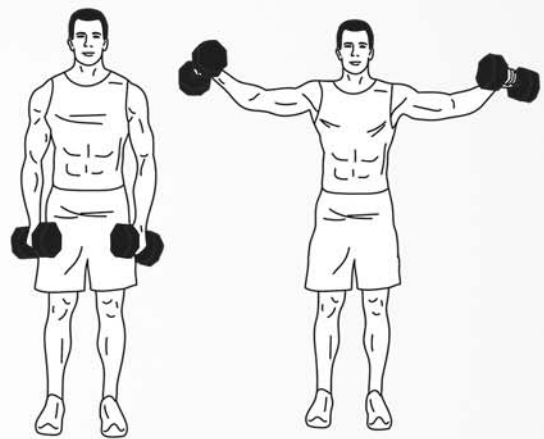
Use light 4kg (9lb) dumbbells and go to failure each time

Repeat the workout 4-5 times during the day, whenever you can

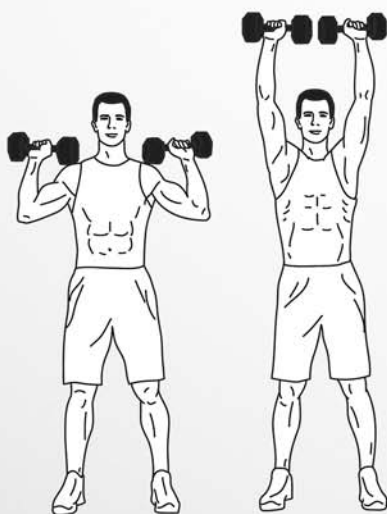
Increase the reps the moment you feel you can do more.



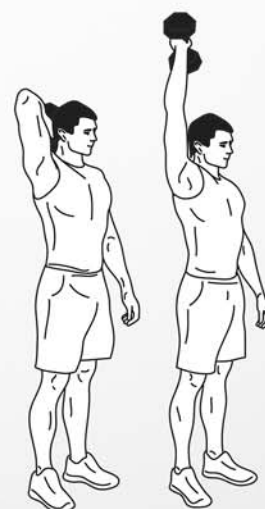
alternating dumbbell curls



lateral raises



shoulder press



tricep extensions