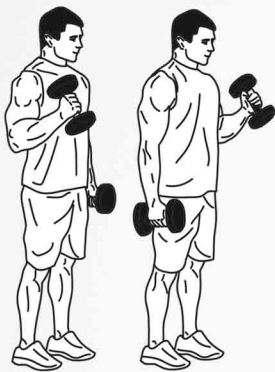


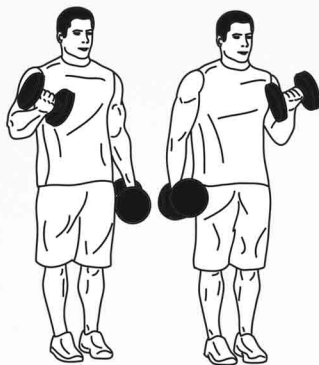
# Power **20**

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

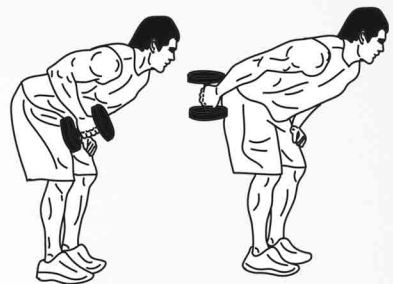
Use weights you can just do this routine with.  
Pick up heavier weights the moment it gets easier.



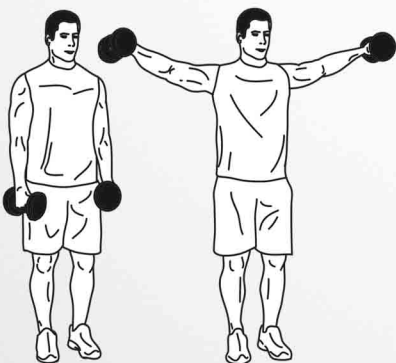
**10** alt hammer curls  
3 sets | 20 sec rest



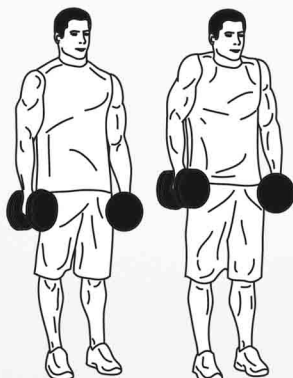
**10** alt bicep curls  
3 sets | 20 sec rest



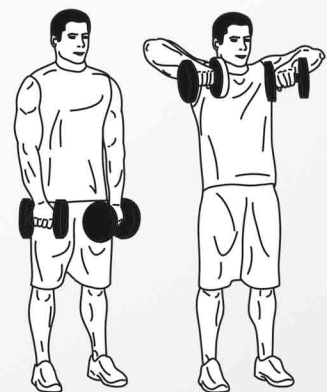
**10** tricep extensions  
3 sets | 20 sec rest



**5** deltoid raises  
3 sets | 20 sec rest



**10** dumbbell shrugs  
3 sets | 20 sec rest



**10** upright rows  
3 sets | 20 sec rest