

SCULPTOR+

DAREBEE WORKOUT FOR ARMS, CHEST AND BACK

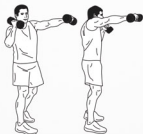
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5 push-ups
20 punches
5 push-ups
20 punches
5 push-ups
20 punches
30 seconds rest

1-2kg / 2-4lb
dumbbells

go as fast as you can
non-stop



1 minute punches
1 minute rest
1 minute punches
30 seconds rest

5-8kg / 10-16lb
dumbbells

tip: use dumbbells
you can *just* curl
12 reps with



8 alt bicep curls
30 seconds rest
10 alt bicep curls
30 seconds rest
12 alt bicep curls
done