

TRIM & TONE

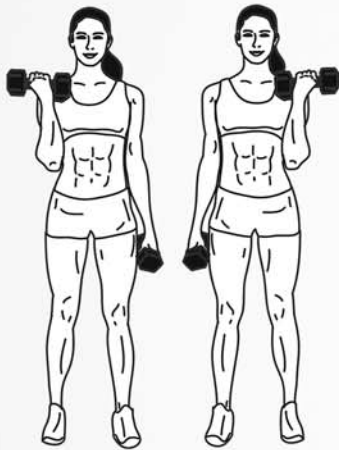
ARMS

WORKOUT

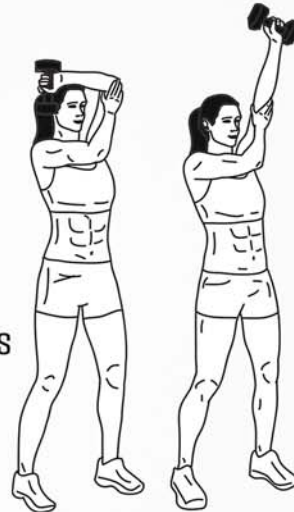
by DAREBEE

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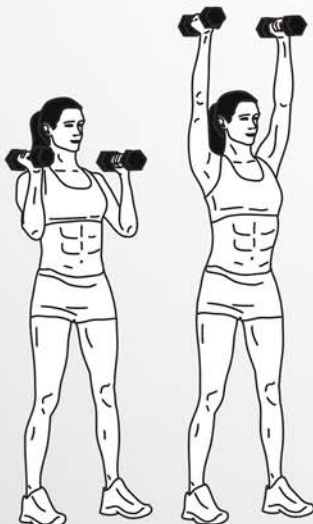
2 minutes rest
between exercises



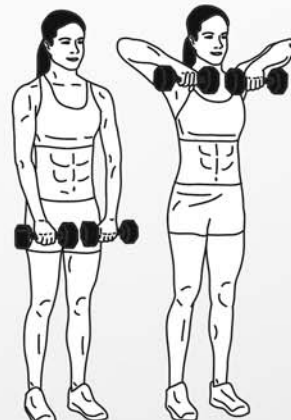
12 reps
x 5 sets
alternating bicep curls
20 seconds rest
between sets



12 reps
x 5 sets
tricep extensions
20 seconds rest
between sets



6 reps
x 5 sets
shoulder press
20 seconds rest
between sets



6 reps
x 5 sets
body rows
20 seconds rest
between sets