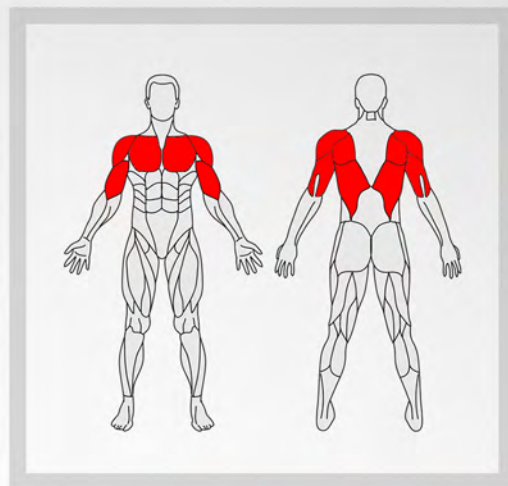
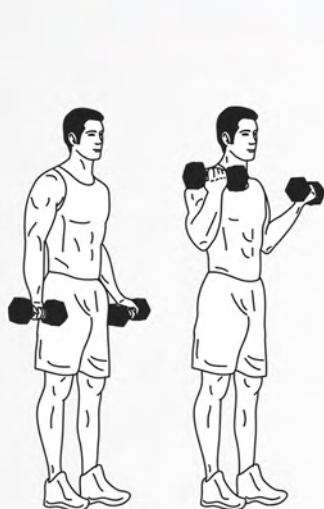


UPPER BODY

SCULPT



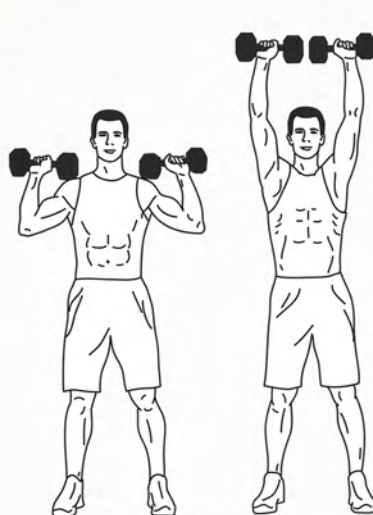
WORKOUT BY [@darebee.com](https://www.darebee.com)



bicep curls

12, 10, 8, 6

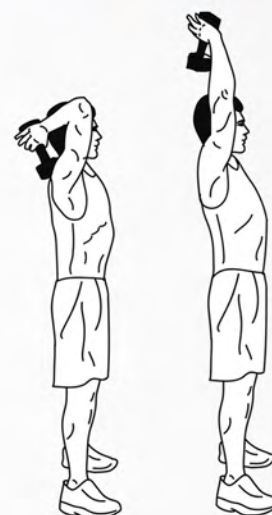
20 seconds rest



shoulder press

12, 10, 8, 6

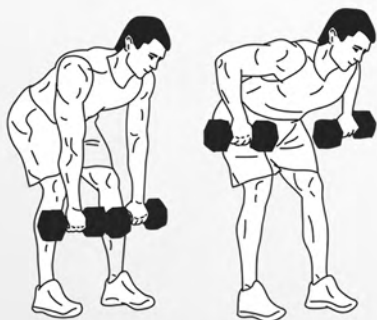
20 seconds rest



tricep extensions

9, 7, 5, 3

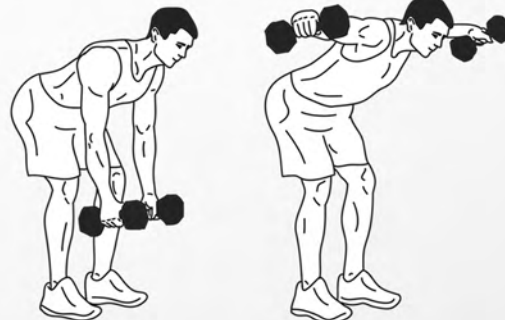
20 seconds rest



bent over rows

10, 8, 6, 4

20 seconds rest



bent over raises

10, 8, 6, 4

20 seconds rest