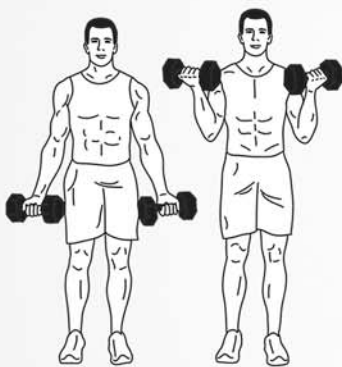


# UPPERBODY BUILDER

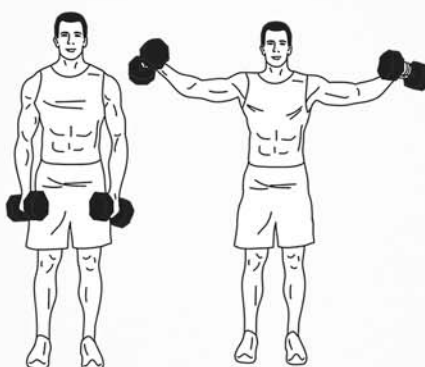
MUSCLE BUILDING WORKOUT BY DAREBEE @ [darebee.com](https://darebee.com)

Repeat one exercise after the other with no rest in between.

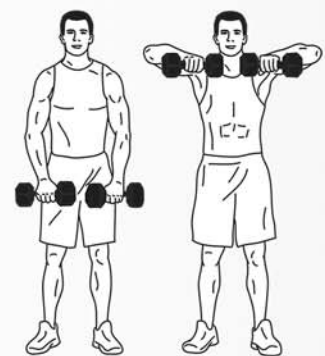
**3 sets** - 2 minutes rest between sets



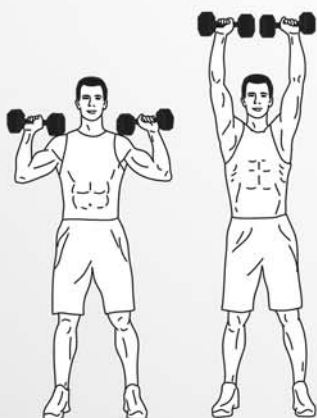
**10** bicep curls



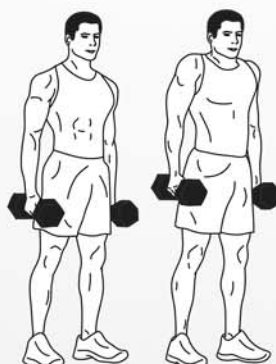
**5** lateral raises



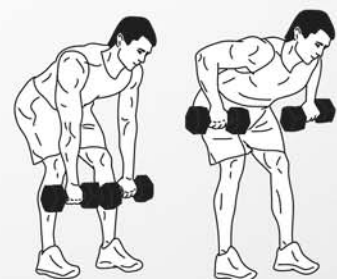
**5** chest rows



**5** shoulder press



**5** shrugs



**5** bent over rows