

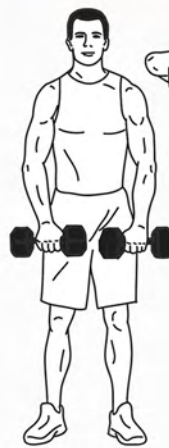
UPPERBODY FORGE

DAREBEE WORKOUT @ darebee.com



10 bicep curls
x **4 sets** in total

20 seconds rest
between sets



10 upright rows
x **4 sets** in total

20 seconds rest
between sets



10 shoulder press
x **4 sets** in total

20 seconds rest
between sets



10 bent over rows
x **4 sets** in total

20 seconds rest
between sets