

DAREBEE WORKOUT @ darebee.com

UPPERBODY BLAST

8 bicep curl
x 3 sets in total
20 seconds rest
between sets



8 shoulder press
x 3 sets in total
20 seconds rest
between sets



8 side-to-side tilts
x 3 sets in total
20 seconds rest
between sets



8 deadlifts
x 3 sets in total
20 seconds rest
between sets



8 bent over rows
x 3 sets in total
20 seconds rest
between sets

