

BACK & BICEPS

DAREBEE
WORKOUT

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30 seconds rest
between exercises



10 alt bicep curls
x 3 sets in total
30 seconds rest
between sets



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



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



16 kneeling one arm rows
x 3 sets in total
30 seconds rest between sets



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