

# BRUTE

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

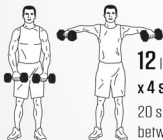
**ARMS & BACK**



**12** bicep curls  
**x 4 sets** in total  
20 seconds rest  
between sets



**12** bent over rows  
**x 4 sets** in total  
20 seconds rest  
between sets



**12** lateral raises  
**x 4 sets** in total  
20 seconds rest  
between sets



**12** arnold press  
**x 4 sets** in total  
20 seconds rest  
between sets



**12** upright rows  
**x 4 sets** in total  
20 seconds rest  
between sets



**12** bent over raises  
**x 4 sets** in total  
20 seconds rest  
between sets