

# CHISELED ARMS

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

2 minutes rest between sets



6 | 6 tricep extensions



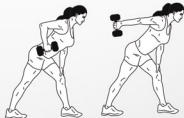
6 front raises



6 | 6 overhead raises



6 | 6 over tricep extensions



6 | 6 kickbacks