

# Power **18**

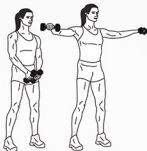
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Use comfortable weights for this routine.

Pick up heavier weights the moment it gets easier.



**10** bicep curls  
**3 sets** | 20 sec rest



**5** lateral raises  
**3 sets** | 20 sec rest



**10-count** hold  
once



**5** shoulder presses  
**3 sets** | 20 sec rest



**10** tricep extensions  
**3 sets** | 20 sec rest



**10** upright rows  
**3 sets** | 20 sec rest