

Power **20**

DAREBEE WORKOUT © darebee.com

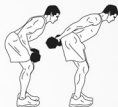
Use weights you can just do this routine with.
Pick up heavier weights the moment it gets easier.



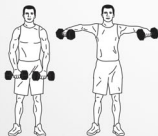
10 alt hammer curls
3 sets | 20 sec rest



10 alt bicep curls
3 sets | 20 sec rest



10 kickbacks
3 sets | 20 sec rest



5 lateral raises
3 sets | 20 sec rest



10 dumbbell shrugs
3 sets | 20 sec rest



10 upright rows
3 sets | 20 sec rest