

Power **25**

DAREBEE WORKOUT @ darebee.com

Use weights you can just do this routine with.

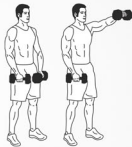
Pick up heavier weights the moment it gets easier.



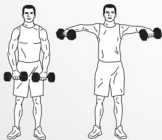
12 alt bicep curls
3 sets | 20 sec rest



6 tricep extensions
3 sets | 20 sec rest



12 front arm raises
3 sets | 20 sec rest



6 side arm raises
3 sets | 20 sec rest



6 upright rows
3 sets | 20 sec rest



6 shoulder press
3 sets | 20 sec rest