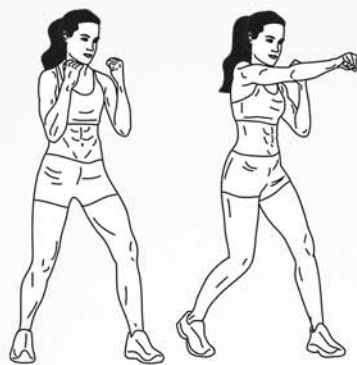
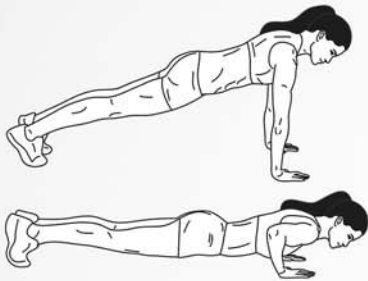


SCULPTOR+

DAREBEE WORKOUT FOR ARMS, CHEST AND BACK

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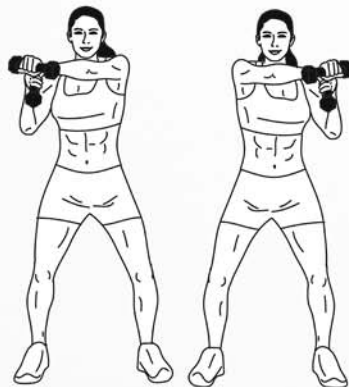


5 push-ups
20 punches
5 push-ups
20 punches
5 push-ups
20 punches
2 minutes rest

1kg / 2lb

dumbbells

go as fast as you can
non-stop

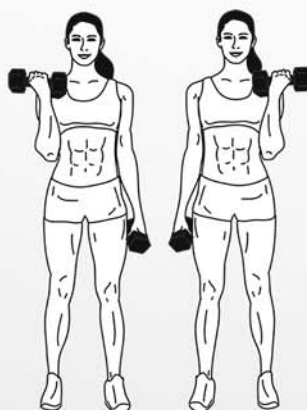


1 minute punches
1 minute rest
1 minute punches
2 minutes rest

5kg / 10lb

dumbbells

tip: use dumbbells
you can *just* curl
12 reps with



8 alt bicep curls
2 minutes rest
10 alt bicep curls
2 minutes rest
12 alt bicep curls
done