

UPPERBODY BUILDER

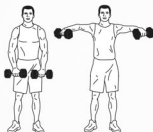
MUSCLE BUILDING WORKOUT BY DAREBEE © darebee.com

Repeat one exercise after the other with no rest in between.

3 sets - 2 minutes rest between sets



10 bicep curls



5 lateral raises



5 chest rows



5 shoulder press



5 shrugs



5 bent over rows