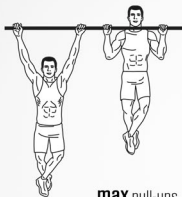


4x4

DAREBEE
WORKOUT

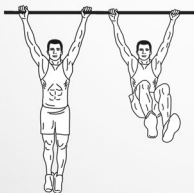
© darebee.com



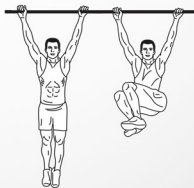
max pull-ups
4 sets | 2 min rest between sets



max chin-ups
4 sets | 2 min rest between sets



max knee-ups
4 sets | 2 min rest between sets



max twisting knee-ups
4 sets | 2 min rest between sets

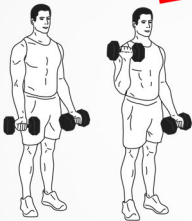
BACK & BICEPS

DAREBEE
WORKOUT

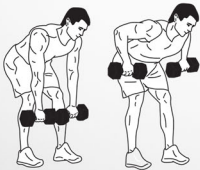
© darebee.com

30 seconds rest
between exercises

EXPRESS



20 alternating bicep curls
x 4 sets in total
30 seconds rest
between sets



10 bent over rows
x 4 sets in total
30 seconds rest
between sets

BACK & BICEPS

DAREBEE
WORKOUT

© darebee.com

30 seconds rest
between exercises



10 alt bicep curls
x 3 sets in total
30 seconds rest
between sets



8 bent over rows
x 3 sets in total
30 seconds rest
between sets



8 shoulder press
x 3 sets in total
30 seconds rest
between sets



16 kneeling one arm rows
x 3 sets in total
30 seconds rest between sets



8 deadlifts
x 3 sets in total
30 seconds rest between sets

biceps & ***triceps***

LIGHT

DAREBEE WORKOUT © darebee.com

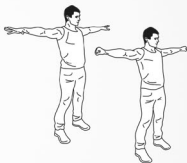
repeat 3 times with 1 minute rest in between



30 extended clench



30 overhead clench



30 side extended clench



30 tricep extensions



30 bicep extensions

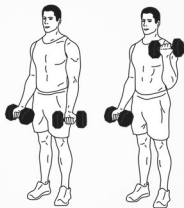


30 speed bag circles

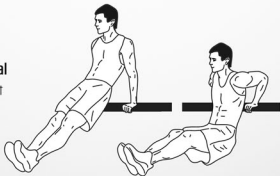
biceps & *triceps*

DAREBEE WORKOUT © darebee.com

20 bicep curls
x 3 sets in total
30 seconds rest
between sets



20 tricep dips
x 3 sets in total
30 seconds rest
between sets



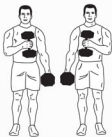
BICEPS BLAST

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 alt bicep curls



12 cross curls



12 alt hammer curls



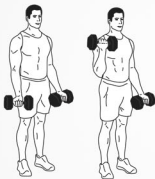
12 concentration curls



12 kneeling rows

EPIC ARMS

DAREBEE WORKOUT © darebee.com



10 alt bicep curls

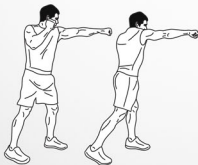
20 punches

10 alt bicep curls

20 punches

10 alt bicep curls

20 punches



10 alt bicep curls

20 punches

10 alt bicep curls

20 punches

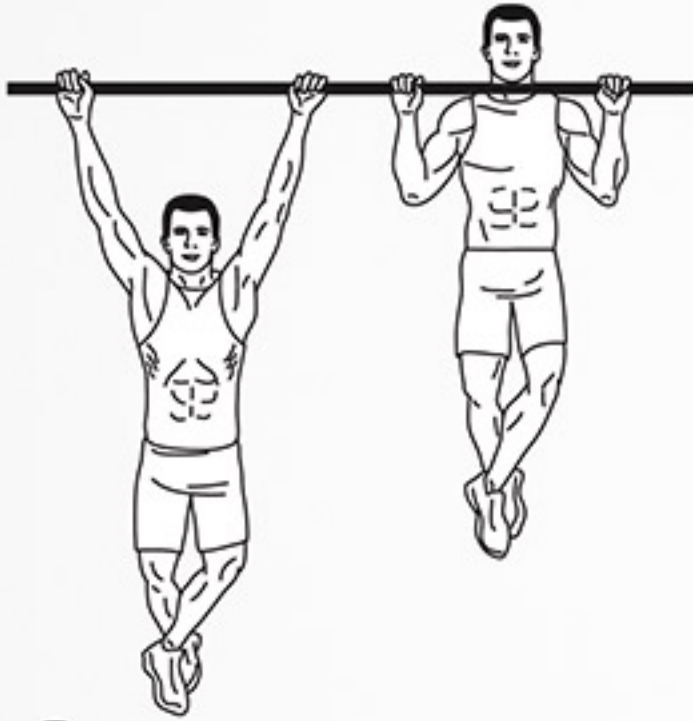
done

MUSCLE-UP PREP

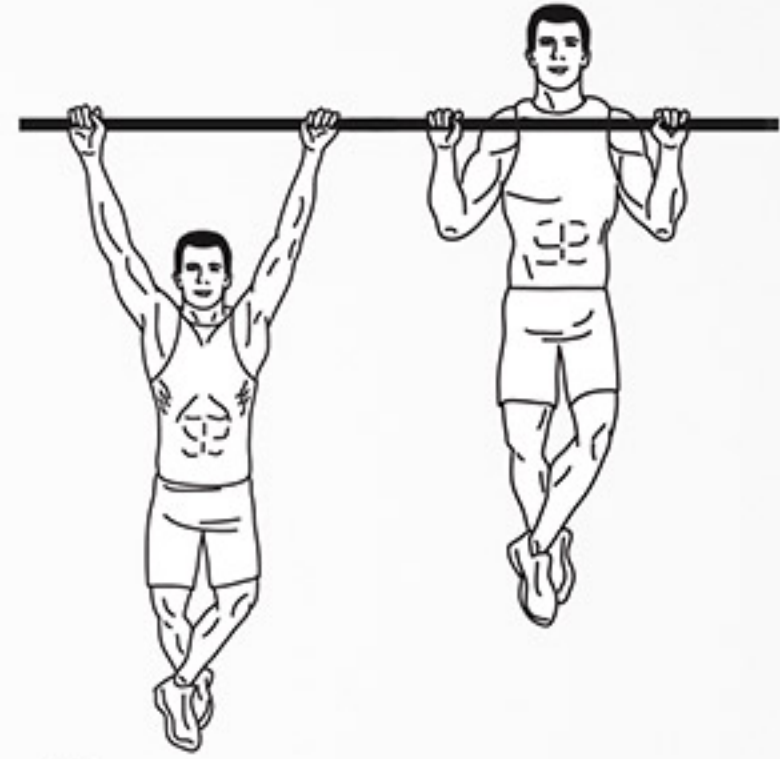


*only attempt
if you can do
10+ pull-ups*

DAREBEE WORKOUT @ darebee.com



8 pull-ups x 3 sets
60sec rest between sets



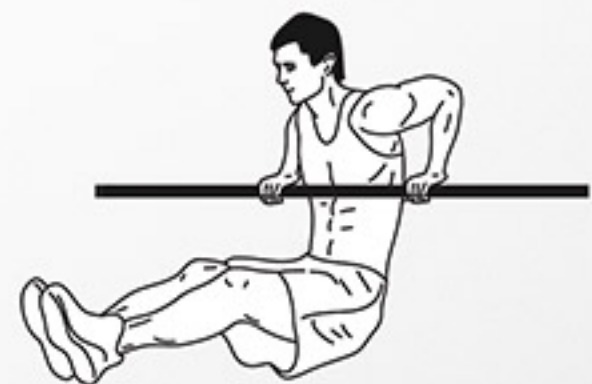
8 explosive pull-ups x 3 sets
60sec rest between sets



8 lateral swings x 3 sets
60sec rest between sets



**to failure
pull-up hold x 3 sets**
60sec rest between sets



5 bar dips x 3 sets
60sec rest between sets

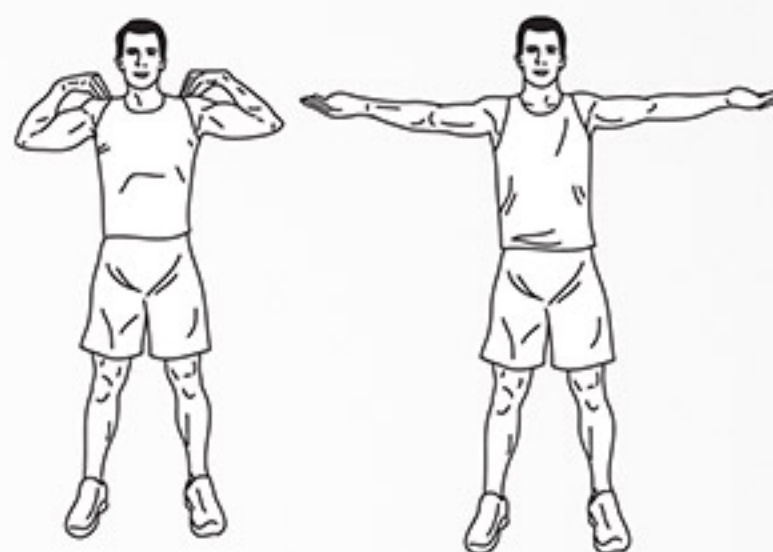
NO-EQUIPMENT BICEPS

DAREBEE WORKOUT @ darebee.com

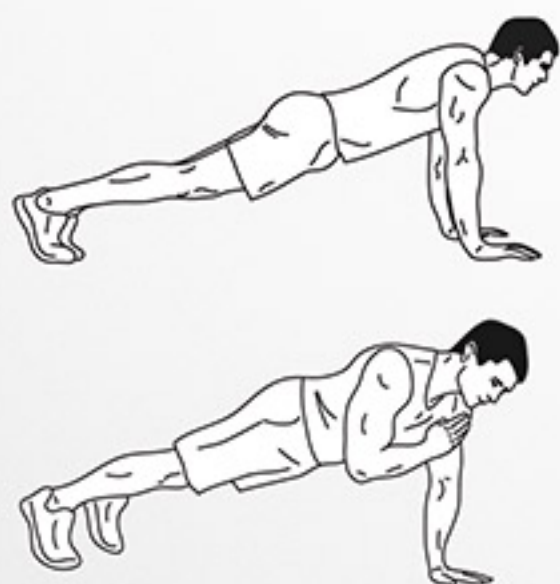
no rest between exercises



10 push-up shoulder taps
x 3 sets in total
20 seconds rest between sets



40 side bicep extensions
x 3 sets in total
20 seconds rest between sets



20 shoulder taps
x 3 sets in total
20 seconds rest between sets



40 standing shoulder taps
x 3 sets in total
20 seconds rest between sets



PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 darebee.com



4 sets
bicep curls
8-12 reps



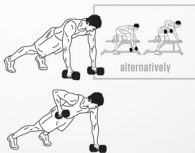
4 sets
bent over rows
8-10 reps



4 sets
upright rows
8-10 reps



4 sets
shrugs
8-10 reps



4 sets
renegade rows
6-8 reps / per arm



PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 darebee.com



4 sets
bicep curls
8-12 reps



4 sets
shrugs
8-10 reps



4 sets
hammer curls
10-12 reps



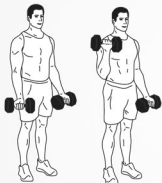
4 sets
bent over rows
8-10 reps



4 sets
upright rows
8-10 reps

XXL BICEPS

DAREBEE WORKOUT © darebee.com



to failure alternating bicep curls

2 minutes rest

to failure alternating bicep curls

2 minutes rest

to failure alternating bicep curls

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

done

