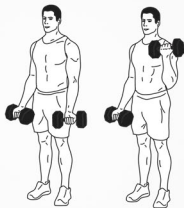


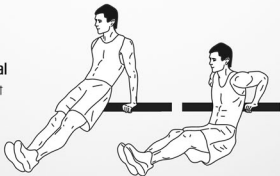
biceps & *triceps*

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



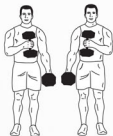
BICEPS BLAST

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

BICEPS ONLY

DAREBEE WORKOUT @ darebee.com

30 seconds rest between exercises



12 bicep curls

4 sets | 30 seconds rest

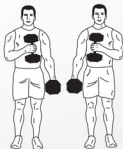
12 rows

4 sets | 30 seconds rest



12 bent over rows

4 sets | 30 seconds rest



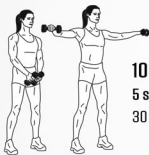
12 cross curls

4 sets | 30 seconds rest

DUMBBELL TRICEPS

DAREBEE WORKOUT © darebee.com

30 seconds rest between exercises



10 lateral raises
5 sets in total
30 seconds rest



2 minute
lateral raise hold
once



20 punches
5 sets | 30sec rest



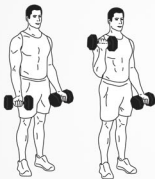
10 tricep extensions
5 sets | 30sec rest



10 overhead extensions
5 sets | 30sec rest

EPIC ARMS

DAREBEE WORKOUT © darebee.com



10 alt bicep curls

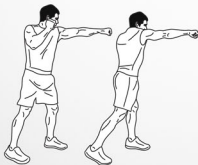
20 punches

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

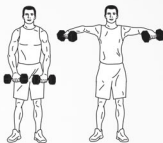
GOLIATH

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



12 biceps curls **x 5 sets** in total
60 seconds rest between sets



6 lateral raises **x 5 sets** in total
60 seconds rest between sets



6 deadlifts **x 5 sets** in total
60 seconds rest between sets



6 upright rows **x 5 sets** in total
60 seconds rest between sets

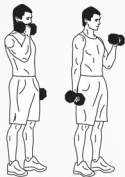
HD ARMS

DAREBEE WORKOUT © darebee.com

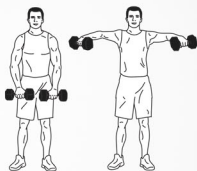
Use light 4kg (9lb) dumbbells and go to failure each time

Repeat the workout 4-5 times during the day, whenever you can

Increase the reps the moment you feel you can do more.



alternating dumbbell curls



lateral raises



shoulder press



tricep extensions

HEPHAESTUS

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



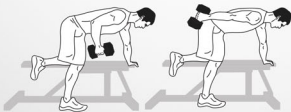
12 hammer curls
x 5 sets in total
20 seconds rest
between sets



12 shoulder press
x 5 sets in total
20 seconds rest
between sets



12 rows
x 5 sets in total
20 seconds rest
between sets



12 tricep extensions
x 5 sets in total
20 seconds rest
between sets

I Do Not Yield

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



12 hammer curls



12 punches



12 chest rows



12 punches



12 shoulder press



12 punches

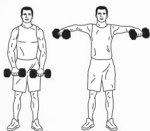
META BURN

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 20 seconds



6 bicep curls



6 lateral raises



6 shoulder press



6 upright rows



6 tricep extensions

OX

DAREBEE WORKOUT

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



20 alt bicep curls



10 upright rows



10 shoulder press



20 side bends



20 tricep extensions

POWER PUMP

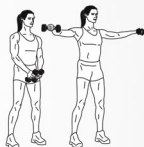
DAREBEE WORKOUT © darebee.com



12 bicep curls x 5 sets
60sec rest between sets



8 upright rows x 5 sets
60sec rest between sets



8 lateral raises x 5 sets
60sec rest between sets



8 shoulder press x 5 sets
60sec rest between sets



8 bent over raises x 5 sets
60sec rest between sets

SERIOUS LIFTS

DAREBEE WORKOUT © darebee.com



to fatigue alternating bicep curls
x 5 sets in total | 20 seconds rest

to fatigue alternating shoulder press
x 5 sets in total | 20 seconds rest



to fatigue upright rows
x 5 sets in total | 20 seconds rest



to fatigue bent over rows
x 5 sets in total | 20 seconds rest

STRONG & BEAUTIFUL

DAREBEE WORKOUT @ darebee.com

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



20 alt bicep curls



20 punches



10 bent over rows



10 alt shoulder press



10-count hold

THRESHOLD

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 lateral raises



12 deadlifts



12 push-up renegade rows

TRIM & TONE

ARMS

WORKOUT

by DAREBEE

@ darebee.com

2 minutes rest

between exercises



12 reps

5 sets

alternating bicep curls
20 seconds rest
between sets



12 reps

5 sets

tricep extensions
20 seconds rest
between sets



6 reps

5 sets

shoulder press
20 seconds rest
between sets



6 reps

5 sets

body rows
20 seconds rest
between sets

DAREBEE WORKOUT @ darebee.com

UPPERBODY BLAST

8 bicep curl
x 3 sets in total
20 seconds rest
between sets



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



8 side-to-side tilts
x 3 sets in total
20 seconds rest
between sets



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

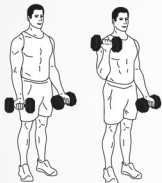


8 bent over rows
x 3 sets in total
20 seconds rest
between sets



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

