

ARM SHRED

DAREBEE WORKOUT @ darebee.com

30 seconds rest between exercises



12 bicep curls
30 seconds rest
between sets



12 tricep extensions
30 seconds rest
between sets



8 shoulder press
30 seconds rest
between sets



10 upright rows
30 seconds rest
between sets



12 kneeling one arm rows
30 seconds rest
between sets

BIGGER ARMS

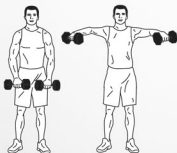
DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises

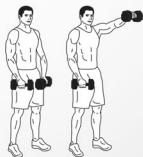


8 / 8 bicep curls **x 5 sets** in total
60 seconds rest between sets

8 / 8 tricep extensions **x 5 sets** in total
60 seconds rest between sets



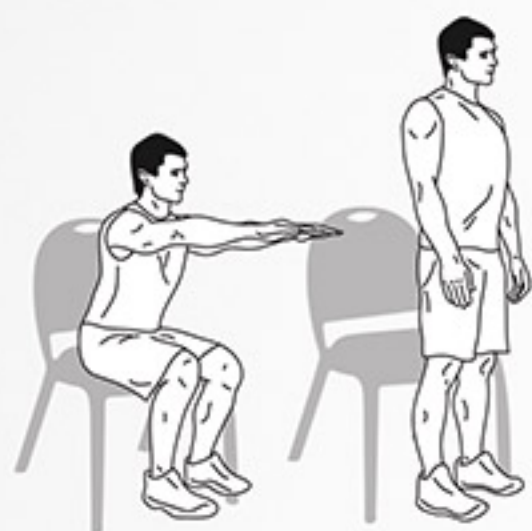
8 lateral raises **x 5 sets** in total
20 seconds rest between sets



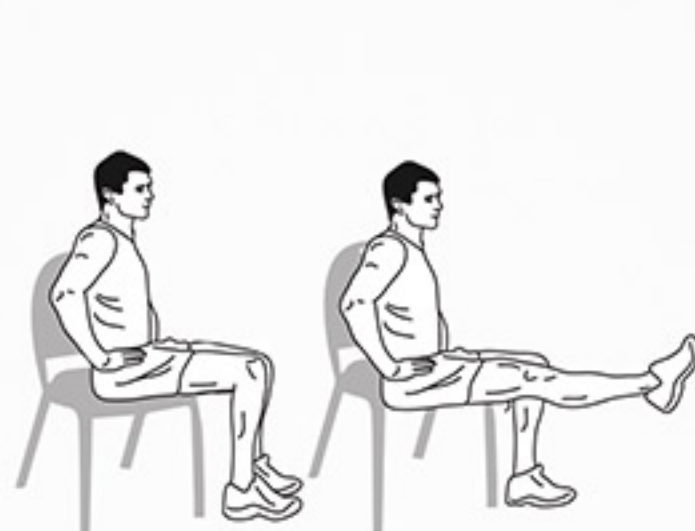
8 / 8 forward raises **x 5 sets** in total
20 seconds rest between sets

Bone Strength

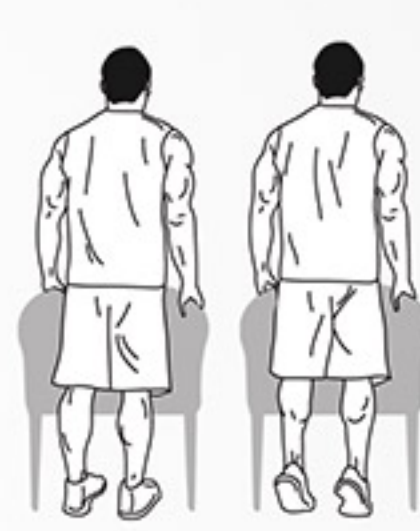
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5 sit to stand
4 sets in total
30 sec rest in between



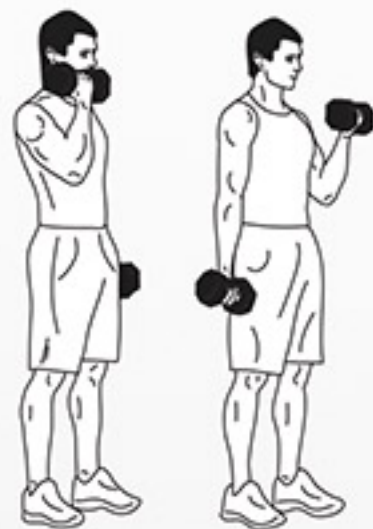
10 leg raises
4 sets in total
30 sec rest in between



5 calf raises
4 sets in total
30 sec rest in between



10 side leg raises
4 sets in total
30 sec rest in between



10 alt bicep curls
2 sets in total
30 sec rest in between



5 shoulder press
2 sets in total
30 sec rest in between

CATALYST

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2 minutes rest between exercises



20 alt bicep curls
x 5 sets in total
20 seconds rest
between sets



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



10 squats
x 5 sets in total
20 seconds rest
between sets



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



10 side tilts
x 5 sets in total
20 seconds rest
between sets

CULTIVATOR

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bicep curls



4 upright rows



10 bicep curls



4 lateral raises



10 shrugs



4 lateral raises



10 shoulder press

epic gains

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60 seconds rest
between exercises



12 bicep curls into shoulder press
5 sets in total
60 sec rest in between



8 bent over lateral raises
5 sets in total
60 sec rest in between



12 calf raises
5 sets in total
60 sec rest in between



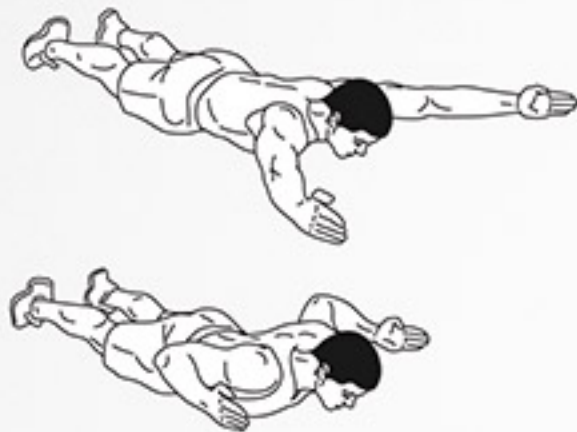
12 squats
5 sets in total
60 sec rest in between



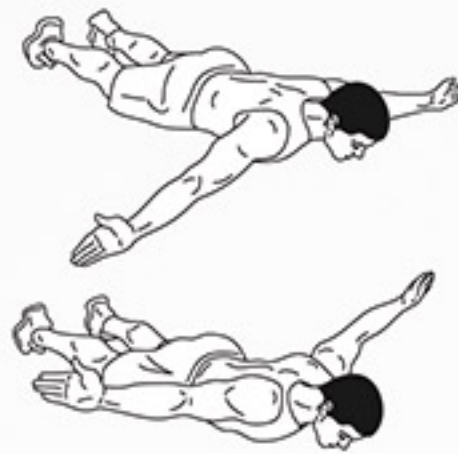
12 side lunges
5 sets in total
60 sec rest in between

FALLBACK

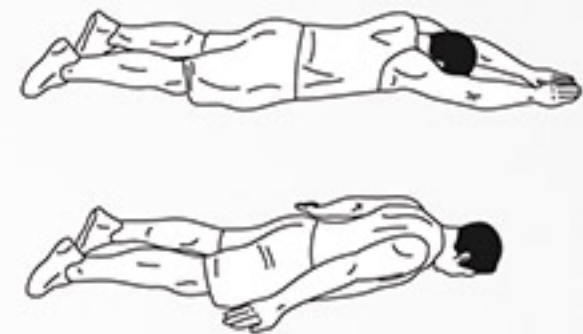
DAREBEE WORKOUT @ darebee.com



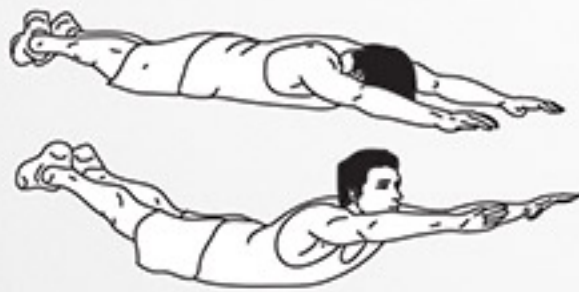
10 W-extensions
3 sets in total
20 sec rest in between



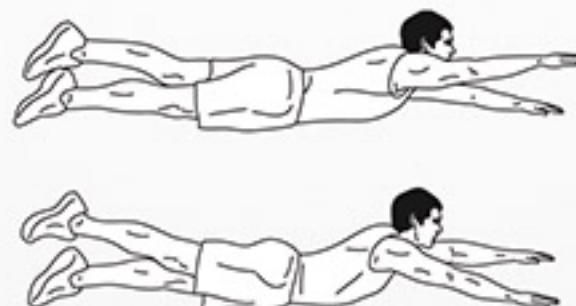
10 prone reverse fly
3 sets in total
20 sec rest in between



10 reverse angels
3 sets in total
20 sec rest in between



10 superman extensions
3 sets in total
20 sec rest in between



10 swimmers
3 sets in total
20 sec rest in between



60 seconds
stretch

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FULL BODY BUILT



12 reverse lunges x 5 sets in total
60 seconds rest between sets



12 squat into shoulder press x 5 sets in total
60 seconds rest between sets



12 bicep curls x 5 sets in total
60 seconds rest between sets



12 upright rows x 5 sets in total
60 seconds rest between sets

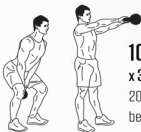
FULL-BODY KETTLEBELL

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



10 squats
x 3 sets in total
20 seconds rest
between sets



10 swings
x 3 sets in total
20 seconds rest
between sets



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



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



10 side bends
x 3 sets in total
20 seconds rest
between sets



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

THE GAINER

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2 minutes rest between exercises



10 lunges
x 3 sets in total
20 seconds rest
between sets



10 steps farmer's walk
x 3 sets in total
20 seconds rest
between sets



10 calf raises
x 3 sets in total
20 seconds rest
between sets



10 Arnold's press
x 3 sets in total
20 seconds rest
between sets



10 upright rows
x 3 sets in total
20 seconds rest
between sets



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

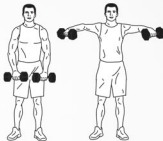
GOLIATH

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

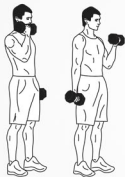
HD ARMS

DAREBEE WORKOUT © darebee.com

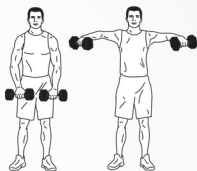
Use light 4kg (9lb) dumbbells and go to failure each time

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

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2 minutes rest between exercises



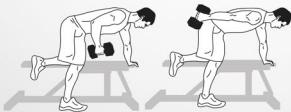
12 hammer curls
x 5 sets in total
20 seconds rest
between sets



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

HOME TONE

UPPERBODY

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Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest



20 alternating bicep curls



10 upright rows



10 alternating shoulder press



10 side bends



10 core twists



20 tricep extensions

ICON

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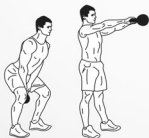
8 goblet squats
4 sets in total
30 sec rest in between



8 upward rows
4 sets in total
30 sec rest in between



8 deadlifts
4 sets in total
30 sec rest in between



8 swings
4 sets in total
30 sec rest in between



8 bent over rows
4 sets in total
30 sec rest in between

IRON DRAGON

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



12 lunge hammer curls
x 4 sets in total
20 seconds rest
between sets



12 side lunges
x 4 sets in total
20 seconds rest
between sets



8 calf raises
x 4 sets in total
20 seconds rest
between sets



6 shrugs
x 4 sets in total
20 seconds rest
between sets



8 chest rows
x 4 sets in total
20 seconds rest
between sets



6 lateral raises
x 4 sets in total
20 seconds rest
between sets

IRONHEART

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 side lunges



12 alternating bent over rows



6 shoulder press



6 shrugs



12 side bends

JACKED

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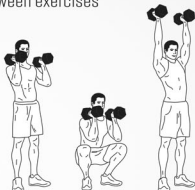
2 minutes rest between exercises



lunge + bicep curls

12, 10, 8, 6 reps

20 seconds rest between sets



squat + shoulder press

12, 10, 8, 6 reps

20 seconds rest between sets



bent over rows

12, 10, 8, 6 reps

20 seconds rest between sets



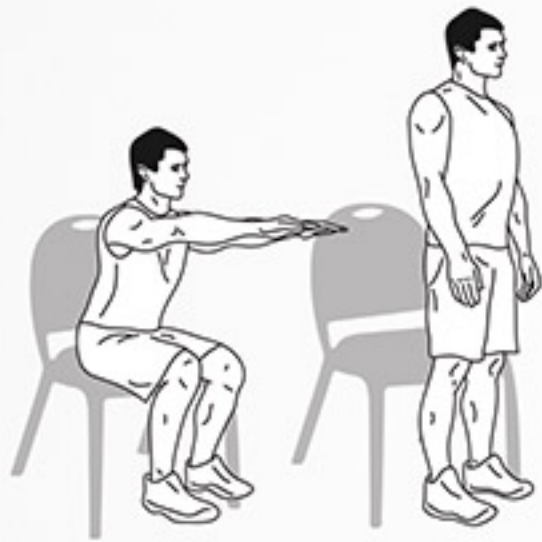
upright rows

12, 10, 8, 6 reps

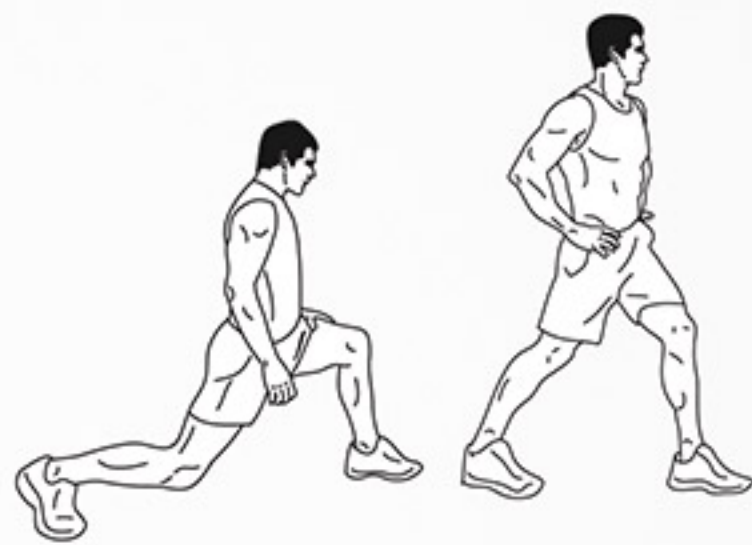
20 seconds rest between sets

knee strength

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5 sit-to-stand
3 sets in total
30sec rest between sets



10 split lunges
3 sets in total
30sec rest between sets



20 knee extensions
3 sets in total
30sec rest between sets



20 slow kicks
3 sets in total
30sec rest between sets



20 leg raises
3 sets in total
30sec rest between sets

THE MAMMOTH

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2 minutes rest between exercises



16 reverse lunges
x 5 sets in total
30 seconds rest
between sets



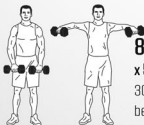
16 calf raises
x 5 sets in total
30 seconds rest
between sets



12 bicep curls
x 5 sets in total
30 seconds rest
between sets



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



8 lateral raises
x 5 sets in total
30 seconds rest
between sets



8 upright rows
x 5 sets in total
30 seconds rest
between sets

MISSION POSSIBLE



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40 punches between exercises



20 side bends
5 sets | 30sec rest



20 twists
5 sets | 30sec rest



20 forward bends
5 sets | 30sec rest



20 knee-to-elbow
5 sets | 30sec rest



20 side leg raises
5 sets | 30sec rest



20 calf raises
5 sets | 30sec rest

MOVING MOUNTAINS

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5 sets 2 minutes rest between sets



10 lunge hammer curls



10 squat shoulder press



10 calf raises



10 deep side lunges

OVERPOWERED

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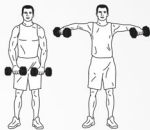
30 seconds rest between sets



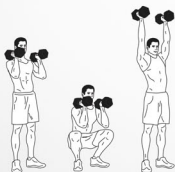
14 bicep curls
5 sets | 30sec rest



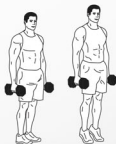
10 upright rows
5 sets | 30sec rest



10 lateral raises
5 sets | 30sec rest



14 squat shoulder press
5 sets | 30sec rest



14 calf raises
5 sets | 30sec rest

POWER PUMP

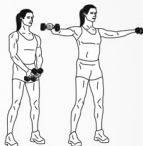
DAREBEE WORKOUT © darebee.com



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

STRONG & BEAUTIFUL

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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

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

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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



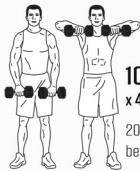
UPPERBODY FORGE

DAREBEE WORKOUT © darebee.com



10 bicep curls
x **4 sets** in total

20 seconds rest
between sets



10 upright rows
x **4 sets** in total

20 seconds rest
between sets



10 shoulder press
x **4 sets** in total

20 seconds rest
between sets



10 bent over rows
x **4 sets** in total

20 seconds rest
between sets

