

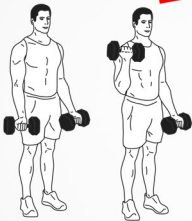
BACK & BICEPS

DAREBEE
WORKOUT

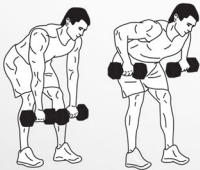
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30 seconds rest
between exercises

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