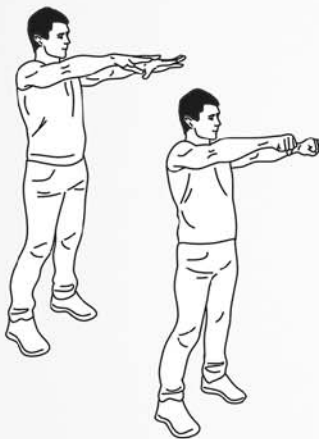


# *biceps* & *triceps*

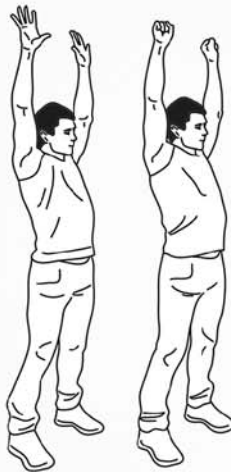
LIGHT

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

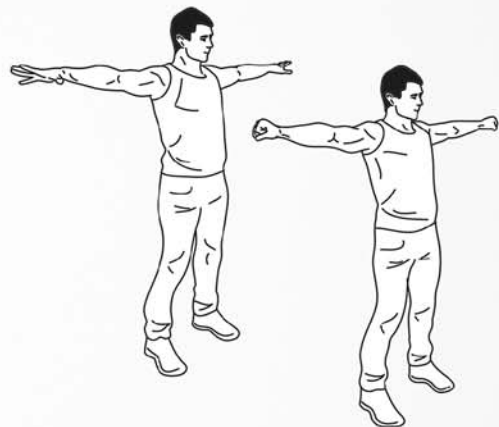
repeat 3 times with 1 minute rest in between



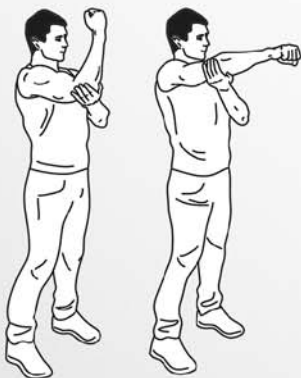
**30** extended clench



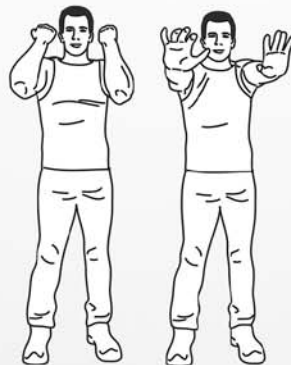
**30** overhead clench



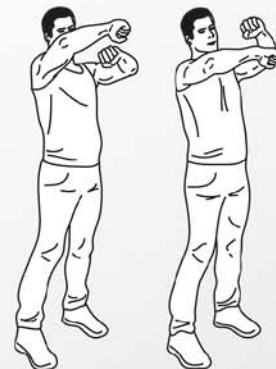
**30** side extended clench



**30** tricep extensions



**30** bicep extensions



**30** speed bag circles