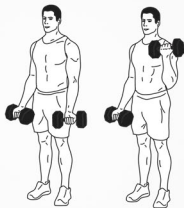


biceps & *triceps*

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

