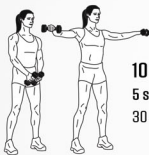


# DUMBBELL TRICEPS

DAREBEE WORKOUT © [darebee.com](http://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**