

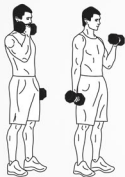
# HD ARMS

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

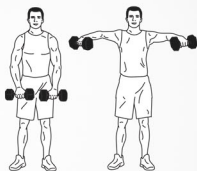
**Use light 4kg (9lb) dumbbells and go to failure each time**

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**