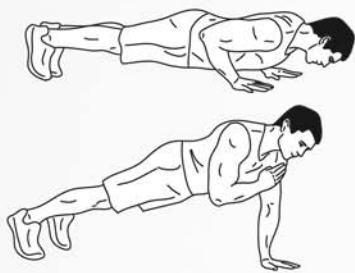
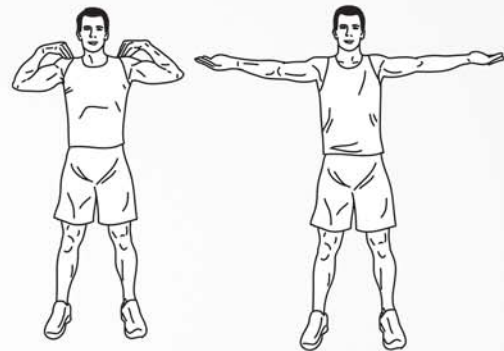


# NO-EQUIPMENT BICEPS

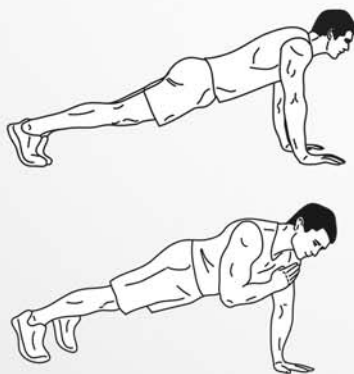
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)  
no rest between exercises



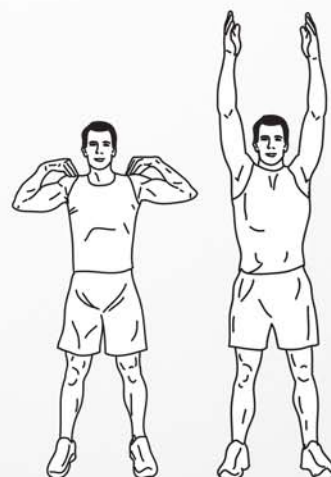
**10** push-up shoulder taps  
**x 3 sets** in total  
20 seconds rest between sets



**40** side bicep extensions  
**x 3 sets** in total  
20 seconds rest between sets



**20** shoulder taps  
**x 3 sets** in total  
20 seconds rest between sets



**40** standing shoulder taps  
**x 3 sets** in total  
20 seconds rest between sets