

# Power **10**

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

**3 sets** | 60 seconds rest between sets



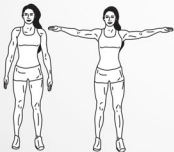
**20** tricep dips



**20** bicep curls



**20** punches



**20** arm raises



**20** raised arm circles



**20sec** raised arm hold

## TIPS

Don't have dumbbells? Use water battles or cans of beans instead.  
Keep your arms up between raised arm circles and raised arm hold.