

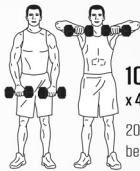
# UPPERBODY FORGE

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



**10** bicep curls  
x **4 sets** in total

20 seconds rest  
between sets



**10** upright rows  
x **4 sets** in total

20 seconds rest  
between sets



**10** shoulder press  
x **4 sets** in total

20 seconds rest  
between sets



**10** bent over rows  
x **4 sets** in total

20 seconds rest  
between sets

