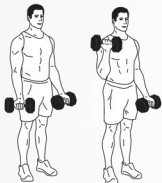


XXL BICEPS

DAREBEE WORKOUT © darebee.com



to failure alternating bicep curls

2 minutes rest

to failure alternating bicep curls

2 minutes rest

to failure alternating bicep curls

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

done

