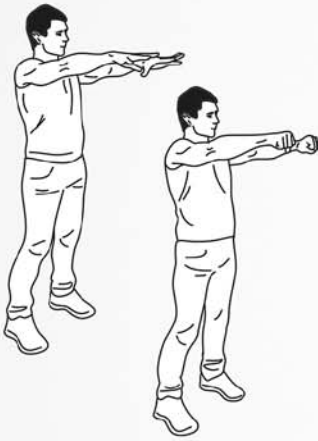


# forearms & triceps

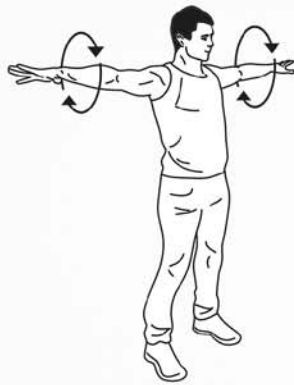
LIGHT

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

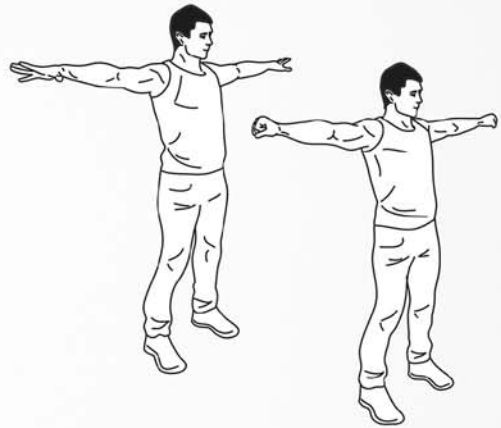
repeat 3 times with 1 minute rest in between



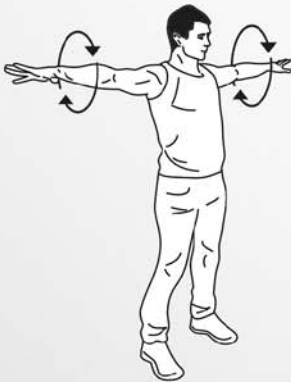
20 extended clench



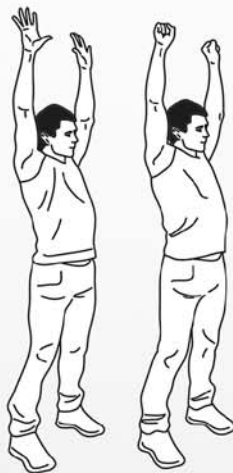
20 raised arm circles



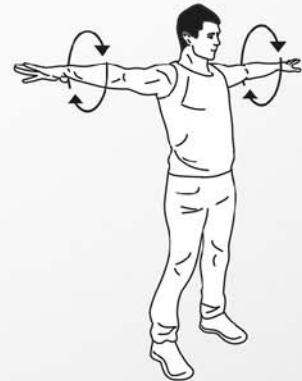
20 side extended clench



20 raised arm circles



20 overhead clench



20 raised arm circles