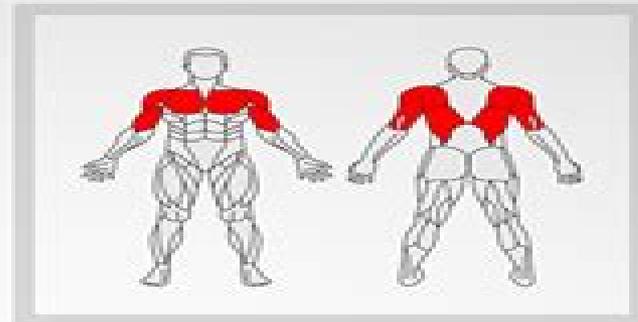


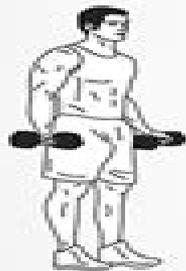
# UPPER BODY

## SCULPT

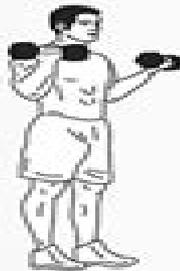


WORKOUT © darebee.com

**SET 1** 20 reps **SET 2** 15 reps **SET 3** 10 reps each exercise  
rest between sets up to 2 minutes



bicep curls



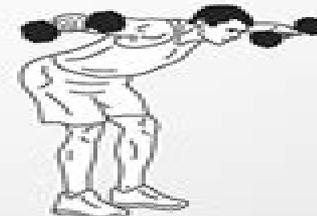
shoulder press



tricep extensions



bent over rows



bent over raises

# Upper Body Workout

**L Cohen**



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