Forearm

Beginner | 2 min | 20 Kcal

1		Barbell Wrist Curls (reverse) Barbell	x10 Reps
	Rest		10 Seconds
2		Barbell Wrist Curls (reverse) Barbell	x10 Reps
	Rest		10 Seconds
3		Barbell Wrist Curls (reverse) Barbell	x10 Reps
	Rest		10 Seconds
4		Barbell Wrist Curls (reverse) Barbell	x10 Reps

Armify

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

Download the app

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