

ARMAGEDDON

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



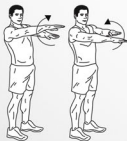
20 side arm raises



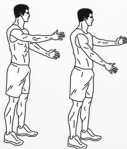
20 arm circles



20-count hold



20 arm scissors



20 scissor chops



20-count hold