

DYNAMIC DUMBBELL

DAREBEE WORKOUT

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LEVEL I 3 sets

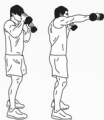
LEVEL II 4 sets

LEVEL III 5 sets

REST 2 minutes



20 alt bicep curls



10 punches



10 overhead punches



20 archers



10 punches



10 overhead punches



20 alt hammer curls



10 punches



10 overhead punches