

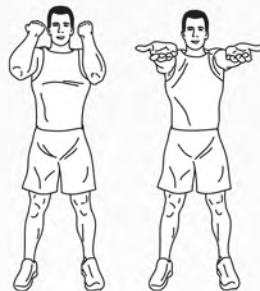
stronger arms

DAREBEE WORKOUT @ darebee.com

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



10-count hold



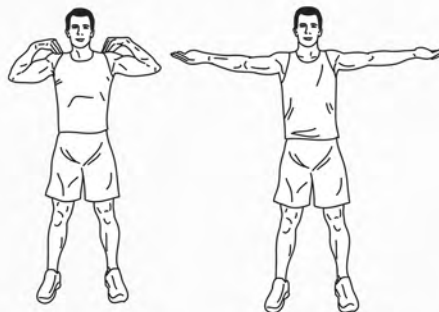
20 bicep extensions



10-count hold



10-count hold



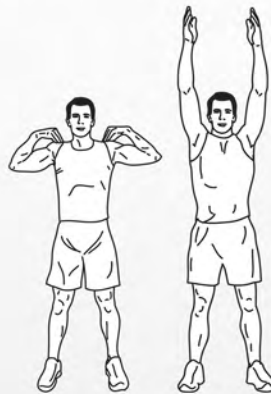
20 side shoulder taps



10-count hold



10-count hold



20 shoulder taps



10-count hold