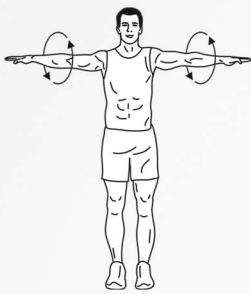


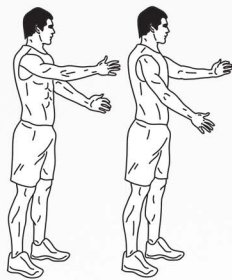
# ONE ANGRY BIRD

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

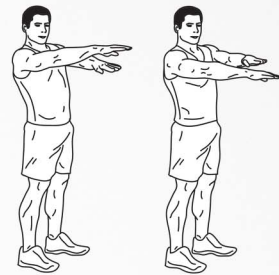
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



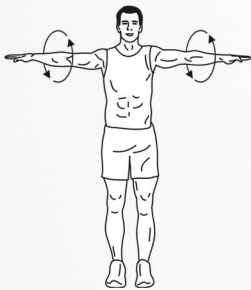
**10** arm circles



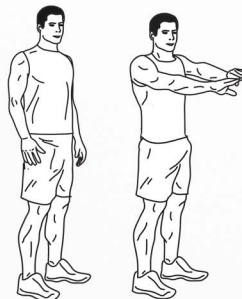
**10** scissor chops



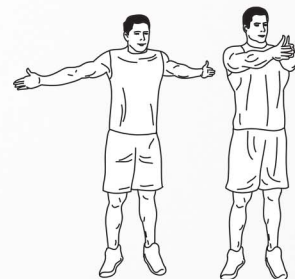
**10** arm scissors



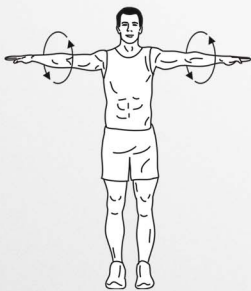
**10** arm circles



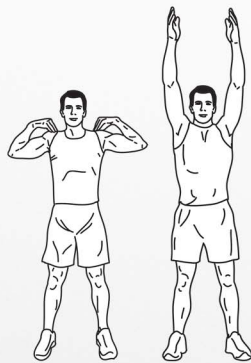
**10** arm raises



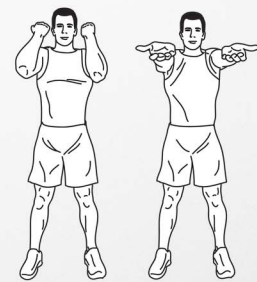
**10** chest expansions



**10** arm circles



**10** shoulder taps



**10** bicep extensions