

ARMS & SHOULDERS

DAREBEE WORKOUT @ darebee.com

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



10 bicep extensions



10 side shoulder taps



10 bicep extensions



10 arm circles



10 bicep extensions



10 arm circles



10 bicep extensions



10 side shoulder taps



10 bicep extensions

BATTLE MAGE

DAREBEE
WORKOUT
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60sec clench / unclench



60sec hold



60sec clench / unclench



60sec arm scissors



60sec hold



60sec scissor chops



60sec hold

BIOMANCER

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



10 bicep extensions



10 arm circles



10 bicep extensions



10-count hold



10 bicep extensions



10-count hold

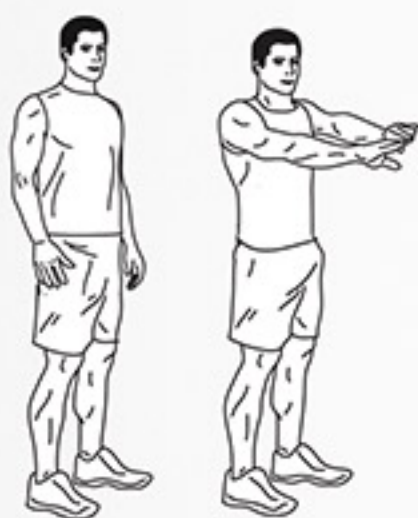


10 bicep extensions

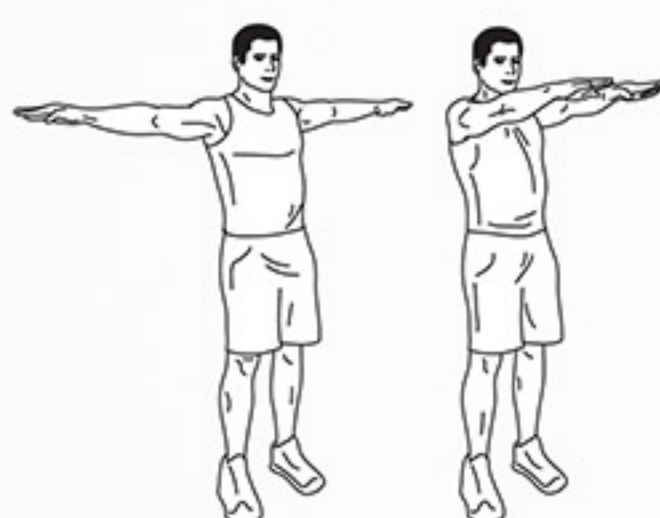
CAPTAIN ON DECK

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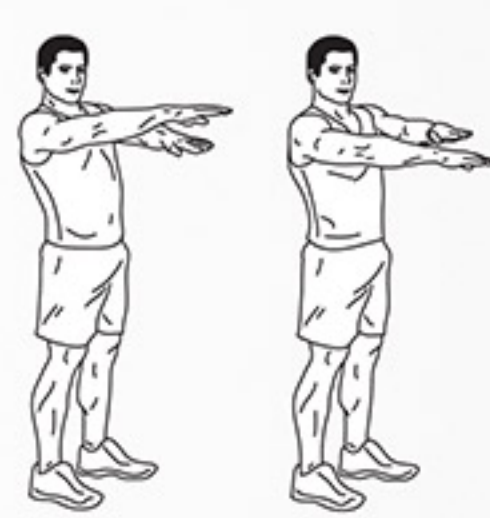
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 arm raises



10 arm extensions



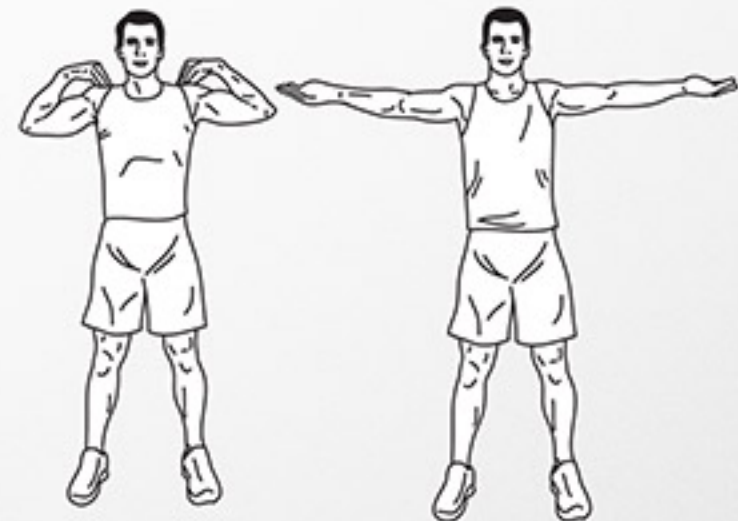
10 arm scissors



10 shoulder taps



10 bicep extensions



10 side shoulder taps

DEX TERI TY

DAREBEE
WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 arm scissors



10 scissor chops



10 shoulder rotations



10 bicep extensions



10 shoulder taps

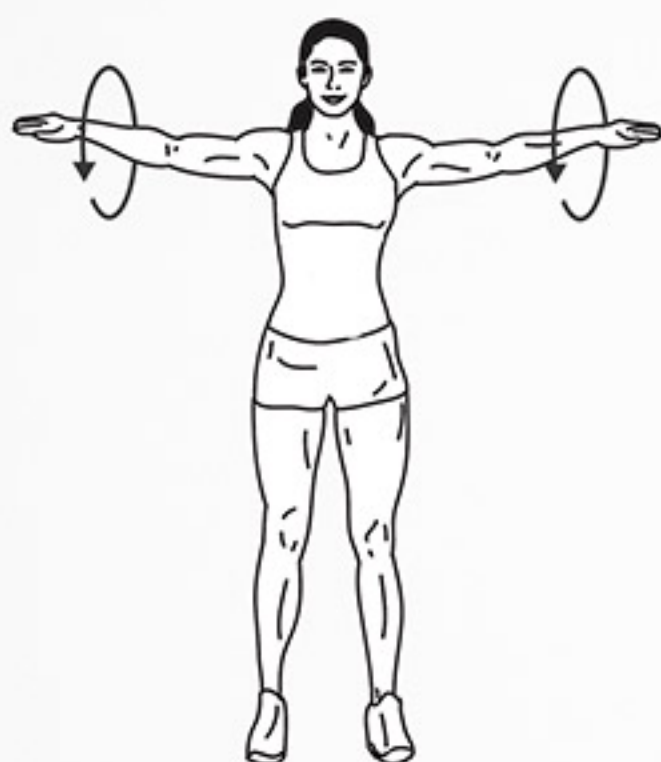


30 clench / unclench

GONE WILD

DAREBEE WORKOUT @ darebee.com

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



10 raised arm circles

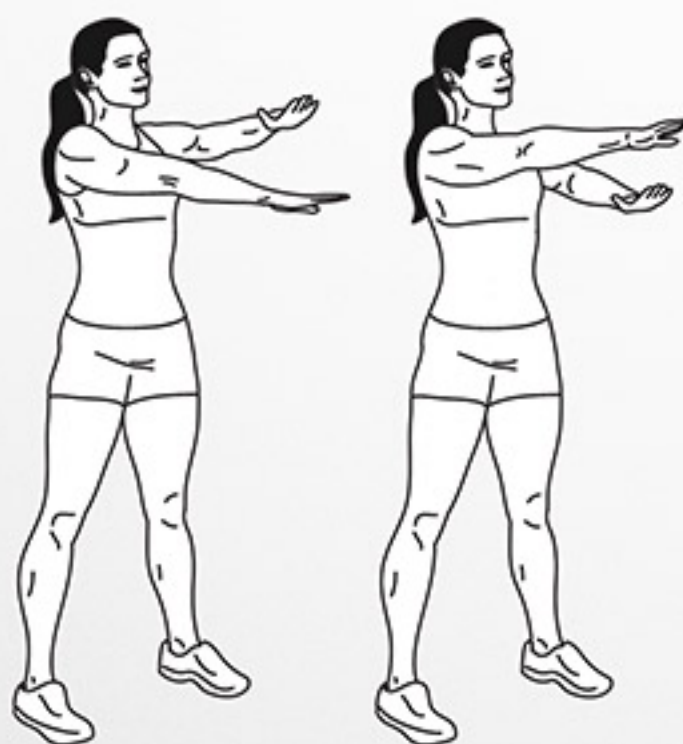
6 arm scissors

10 raised arm circles

6 arm scissors

10 raised arm circles

6 arm scissors



10 raised arm circles

6 arm scissors

HERALD

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



10 shoulder taps



10 bicep extensions



10 arm circles



10 shoulder taps



10 bicep extensions



10 elbow clicks



10 shoulder taps



10 bicep extensions



10 side shoulder taps

MAGICIAN

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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20sec hold



20sec hold



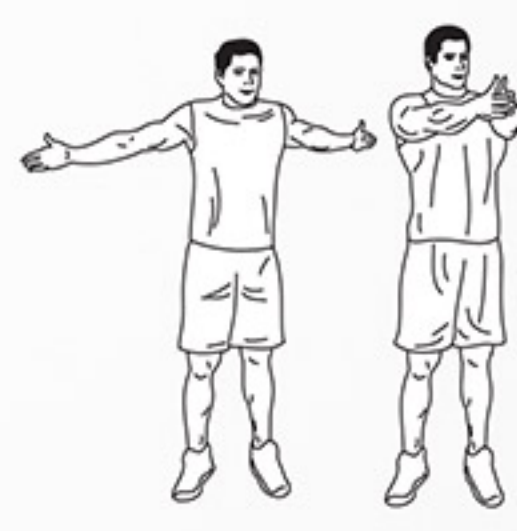
20sec raised arm circles



20sec hold



20sec hold



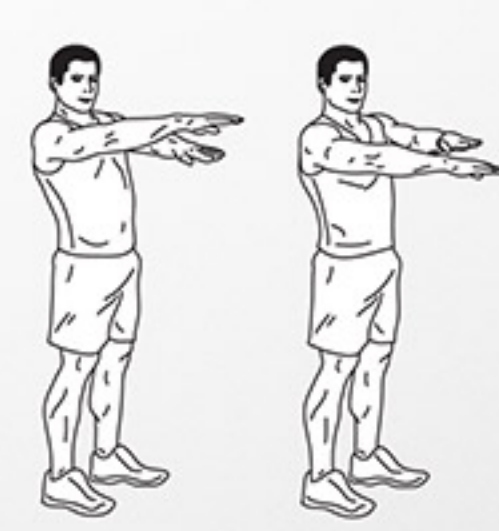
20sec chest expansions



20sec hold



20sec hold



20sec arm scissors

Merlín

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



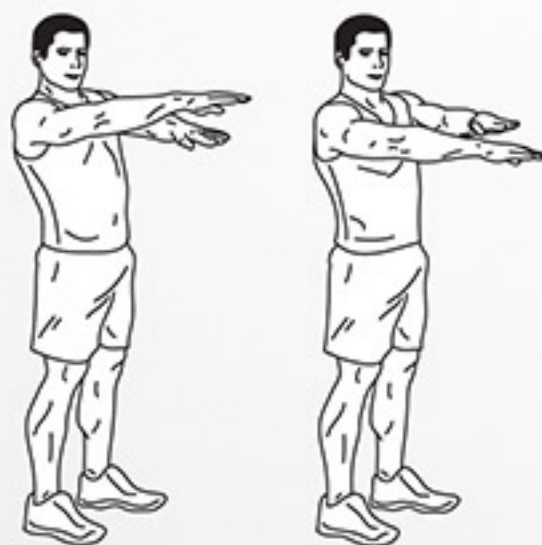
20 chest expansions



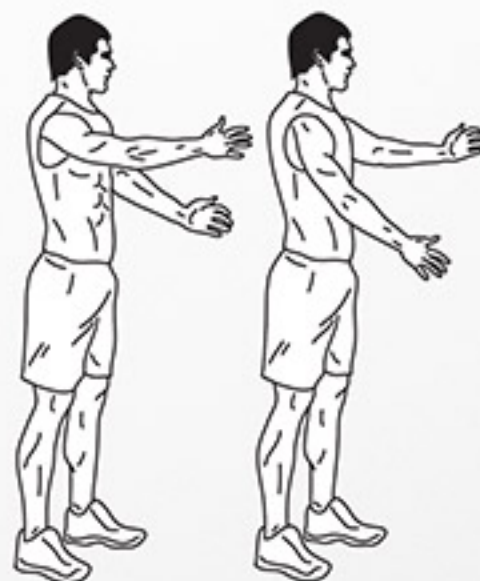
20 alt chest expansions



20 arm circles



20 arm scissors



20 scissor chops

micro *break*



by DAREBEE @ darebee.com

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

10-count chest squeeze

4 elbow clicks

done



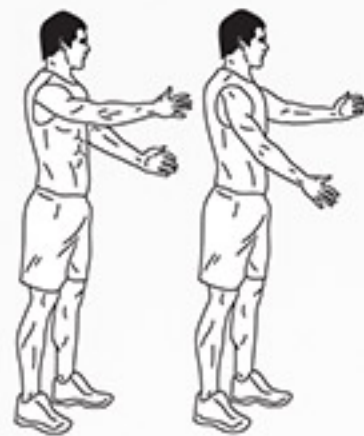
ONE ANGRY BIRD

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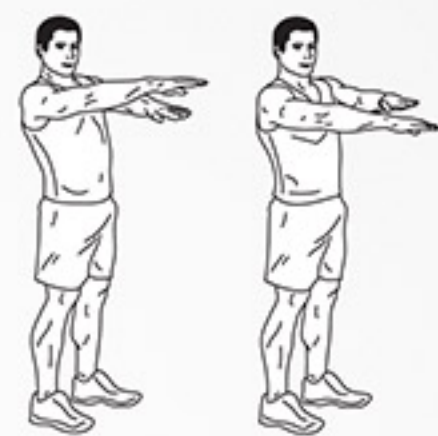
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



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

ORIENTATION

DAREBEE
WORKOUT

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DAY

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 chest expansions



10 bicep extensions



10 arm circles



10 arm scissors



10 scissor chops



10 arm circles



10 W-expansions



10 elbow clicks



10 arm circles

rainmaker

DAREBEE OFFICE WORKOUT © darebee.com



20 side circles



10-count hold



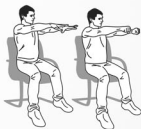
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



10-count hold

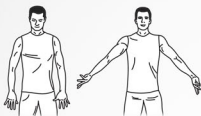


20 overhead clenches

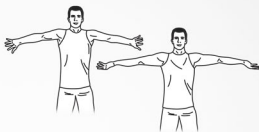
Rotator Cuff

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20 seconds each exercise.



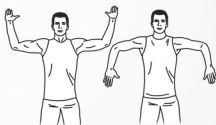
arm twists



raised arms twists



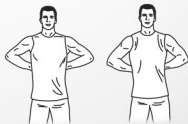
half bow



full bow



elbow to torso



elbows in

SLOWPOKE

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



20 scissors



10-count hold



20 scissors



20 W-extensions



10 elbow clicks



20 W-extensions



20 bicep extensions

Spring Chicken

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



10-count hold



20 arm circles



10-count hold



20 wide circles



20 arm circles



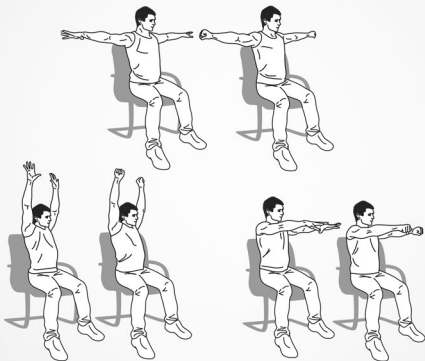
20 wide circles



10-count hold

STAPLER

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20 arms to the side clench / unclench

20 arms overhead clench / unclench

20 arms to the front clench / unclench

rest & repeat

stronger arms

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



10-count hold



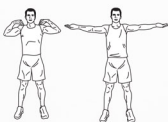
20 bicep extensions



10-count hold



10-count hold



20 side shoulder taps



10-count hold



10-count hold



20 shoulder taps



10-count hold

TROLL HUNTER

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 chest expansions



10 arm circles



10 arm raises



10 shoulder taps



10 side shoulder taps



10 bicep extensions



30 seconds clench / unclench

upperbody works

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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 bicep extensions



20 standing shoulder taps



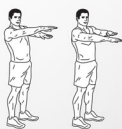
20 bicep extensions



20 scissers chops



20 bicep extensions



20 arm scissers