

ARM DAY

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



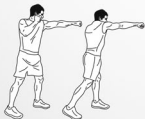
5 push-ups



10-count hold



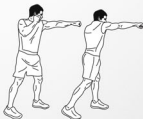
5 push-ups



30 punches



30 overhead punches



30 punches