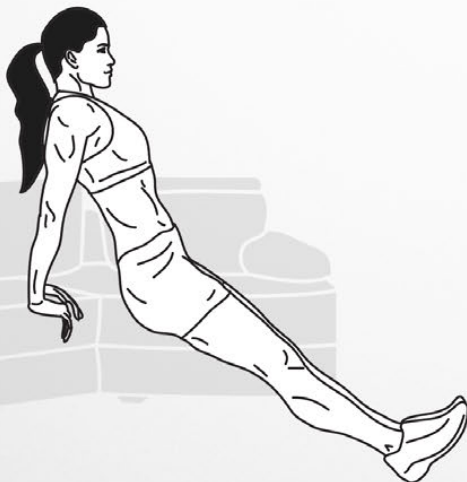
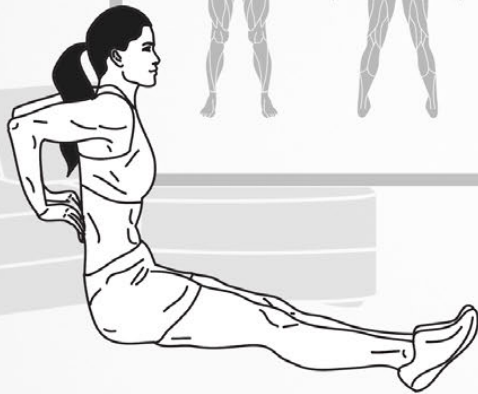
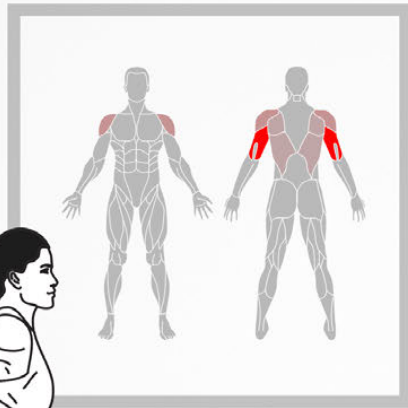


arm lift

DAREBEE WORKOUT @ darebee.com



5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

5 tricep dips

10-count tricep dip hold

done