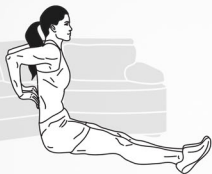


arm lift

DAREBEE WORKOUT © darebee.com



5 tricep dips

10-count hold

5 tricep dips

10-count hold

5 tricep dips

10-count hold

5 tricep dips

10-count hold

5 tricep dips

10-count hold

