

DEX TERI TY

DAREBEE
WORKOUT

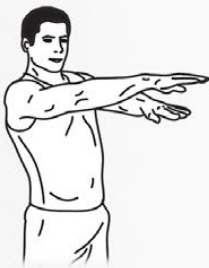
@ darebee.com

LEVEL I 3 sets

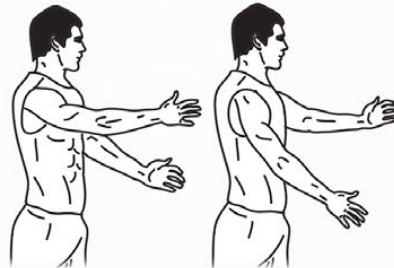
LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 arm scissors



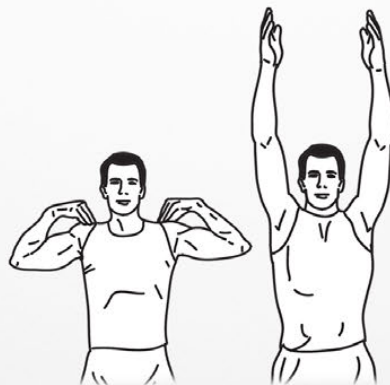
10 scissor chops



10 shoulder rotations



10 bicep extensions



10 shoulder taps



30 clench / unclench