

# HOME TUNE

**UPPERBODY**

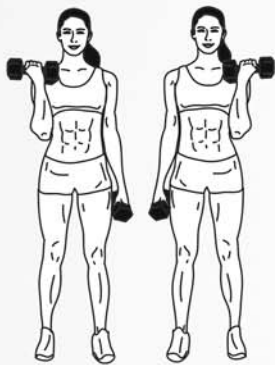
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

Level I 3 sets

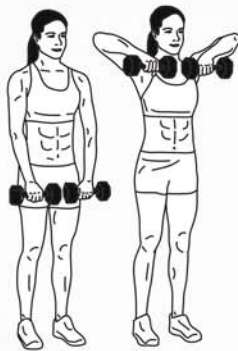
Level II 4 sets

Level III 5 sets

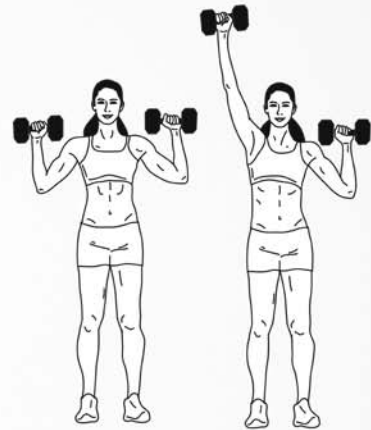
2 minutes rest



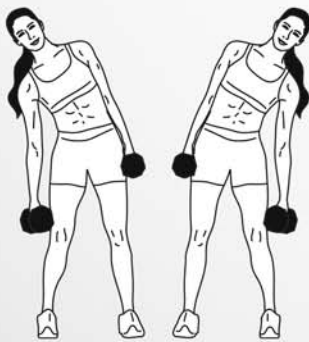
**20** alternating bicep curls



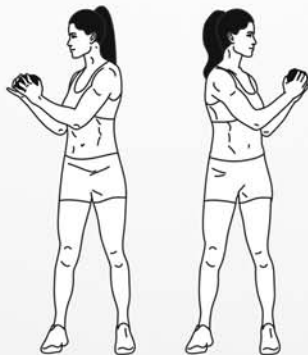
**10** upright rows



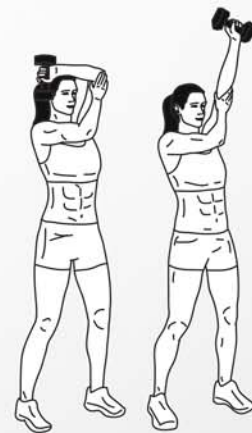
**10** alternating shoulder press



**10** side bends



**10** core twists



**20** tricep extensions