

OX

DAREBEE WORKOUT

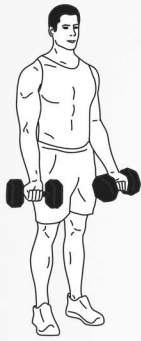
@ darebee.com

Level I 3 sets

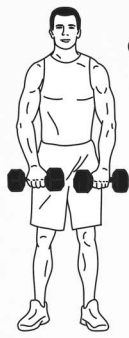
Level II 5 sets

Level III 7 sets

2 minutes rest



20 alt bicep curls



10 upright rows



10 shoulder press



20 side bends



20 tricep extensions