

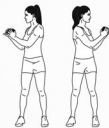
Queen *of* Mean

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



16 tricep extensions



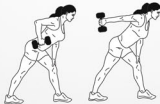
8 rotations



16 over tricep extensions



8 rotations



16 single kickbacks



8 rotations