

SHADOWHEART

DAREBEE **LIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec arm circles



20sec wide arm circles



20sec arm circles



20sec hold



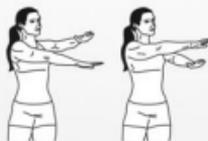
20sec arm raises



20sec hold



20sec arm circles



20sec scissors



20sec arm circles