

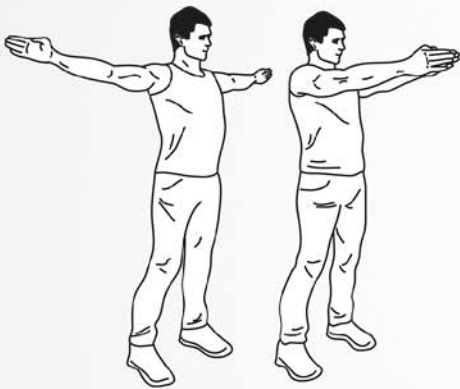
shoulder

work

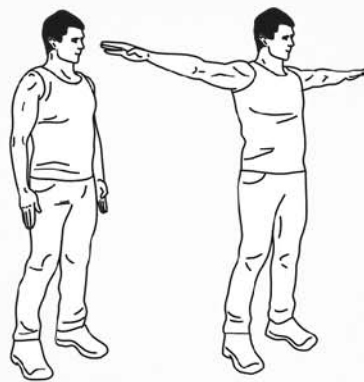
DAREBEE WORKOUT

@ darebee.com

repeat 3 times | 1 minute rest



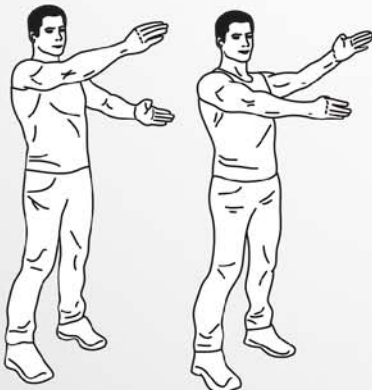
20 chest expansions



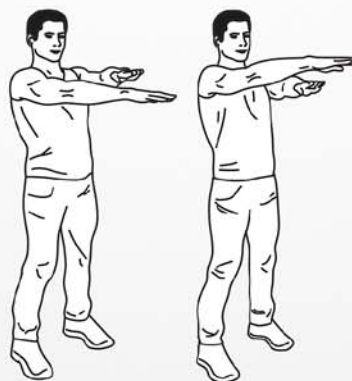
20 side arm raises



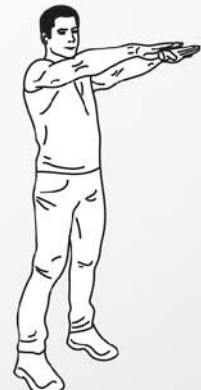
20sec raised arm hold



20 arm chops



20 arm scissors



20sec raised arm hold