

# SNAP OUT OF IT

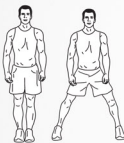
WORKOUT  
BY DAREBEE  
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**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

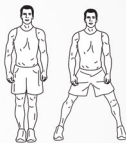
2 minutes rest  
between sets



**20** half jacks



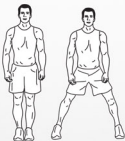
**20** arm circles



**20** half jacks



**20** shoulder taps



**20** half jacks



**20** bicep extensions