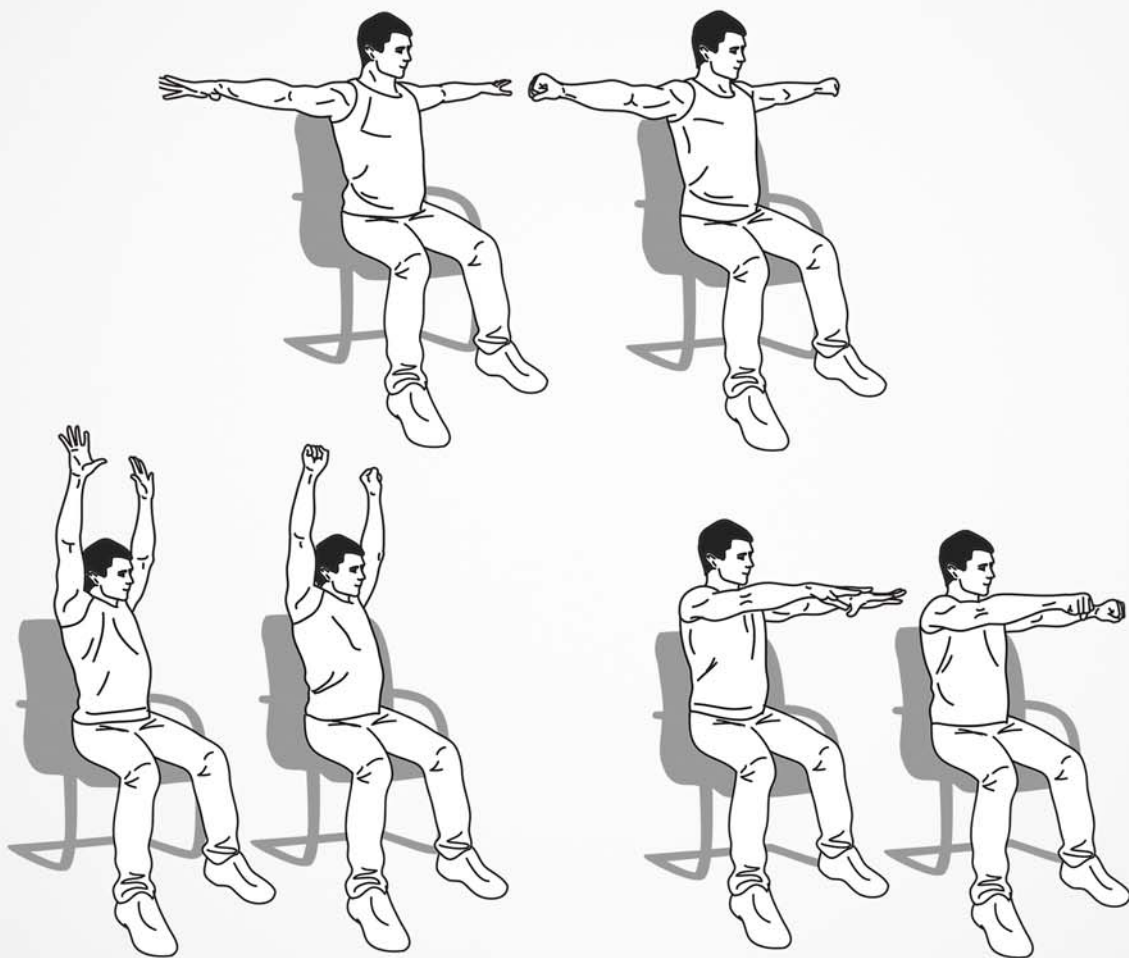


STAPLER

DAREBEE **OFFICE** WORKOUT @ darebee.com



20 arms to the side clench / unclench

20 arms overhead clench / unclench

20 arms to the front clench / unclench

rest & repeat