

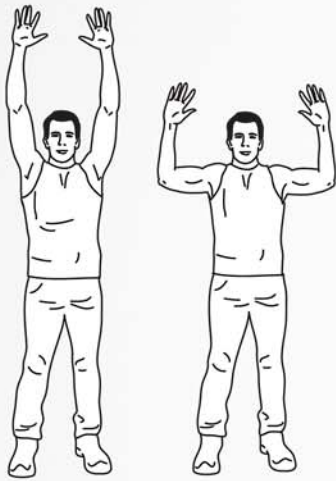
upperbody mobility

DAREBEE WORKOUT

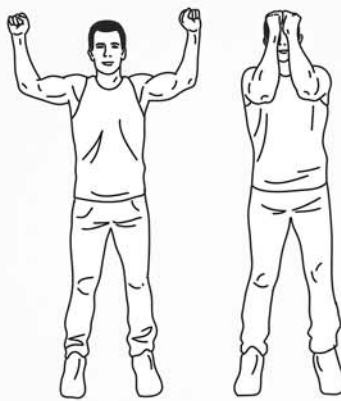
@ darebee.com

repeat 3 times

1 minute rest



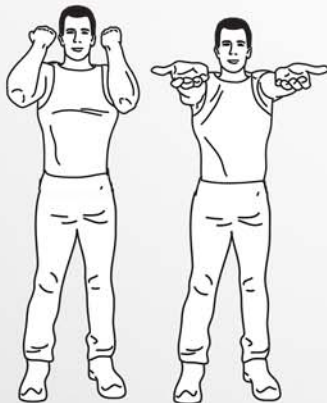
20 W-extensions



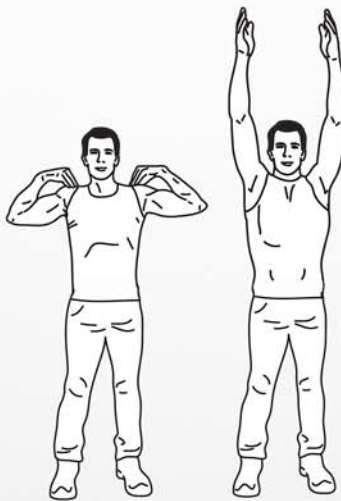
20 elbow clicks



20 elbows together rotations



20 bicep extensions



20 shoulder taps



20 elbow rotations