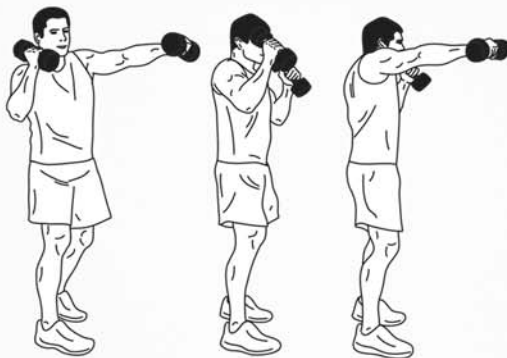


# UPPERBODY TENDON STRENGTH+

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



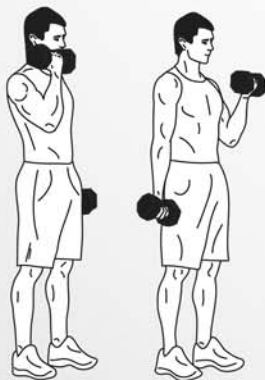
**30sec** dumbbell hold  
right arm



**10sec** punches  
slow motion



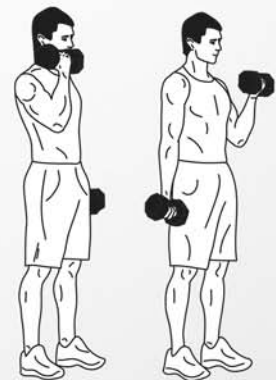
**30sec** dumbbell hold  
left arm



**30sec** bicep curls  
slow motion



**10sec** hold



**30sec** bicep curls  
slow motion