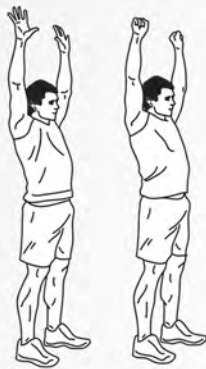
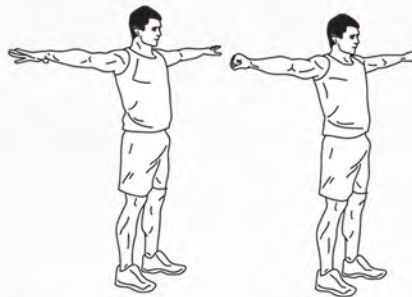


UPPERBODY TENDON STRENGTH

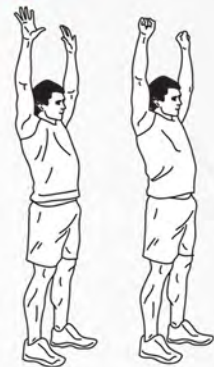
DAREBEE WORKOUT @ darebee.com



30sec clench/unclench overhead



60sec clench / unclench arms raised to the side



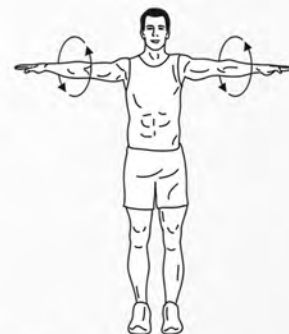
30sec clench/unclench overhead



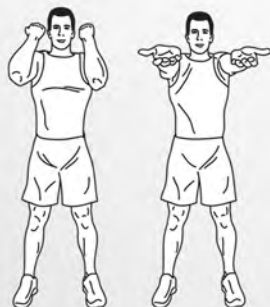
30sec raised arm circles



60sec hold



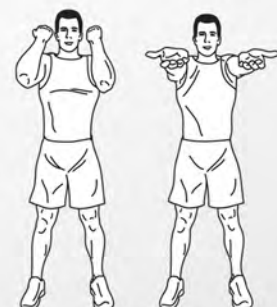
30sec raised arm circles



30sec bicep extensions



60sec hold



30sec bicep extensions