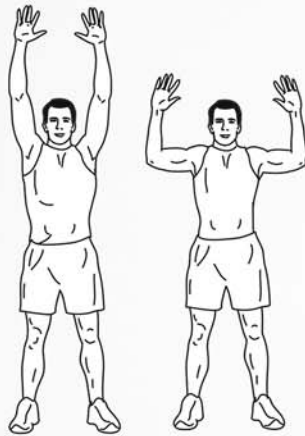


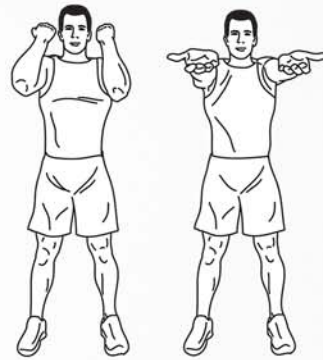
# VORTEX

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

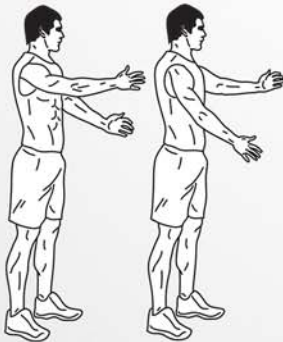
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



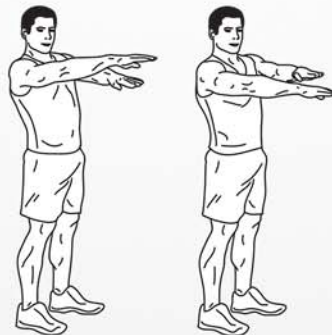
**30** standing W-extensions



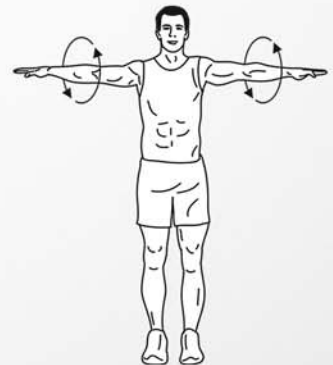
**30** bicep extensions



**30** scissor chops



**30** arm scissors



**30** raised arm circles