

BECAUSE I CAN

DAREBEE WORKOUT @ darebee.com

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



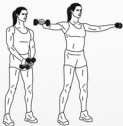
12 goblet squats



12 side lunges



12 bicep curls



6 lateral raises

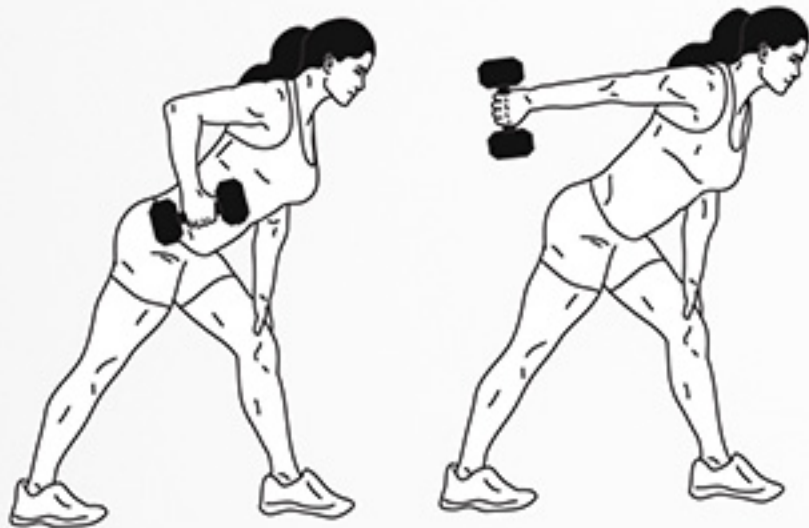


6 upright rows

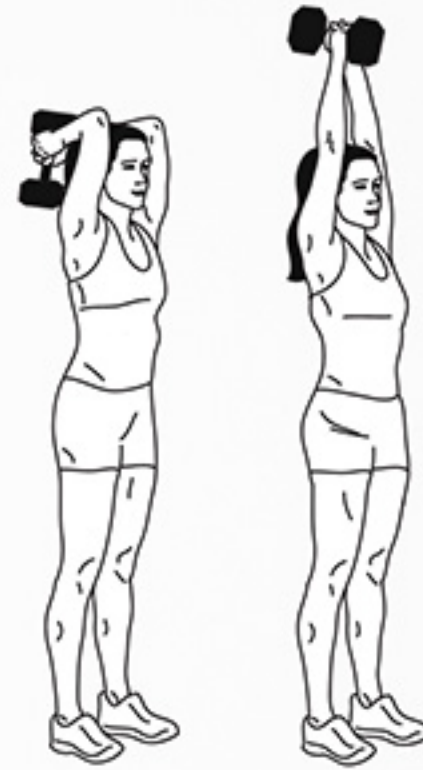
COME BACK STRONGER

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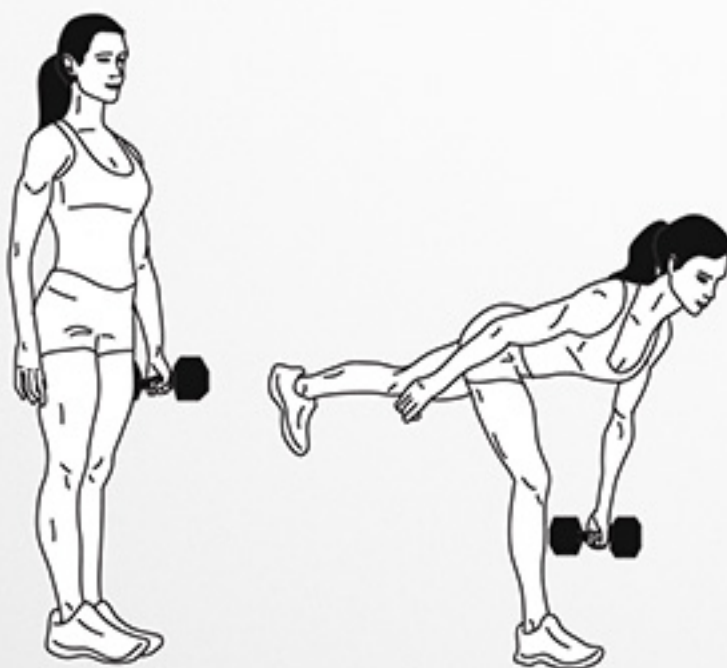
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 tricep extensions



6 overhead tricep extensions



12 single leg deadlifts



6 goblet squats

HOME TONE

UPPERBODY

DAREBEE WORKOUT
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Level I 3 sets

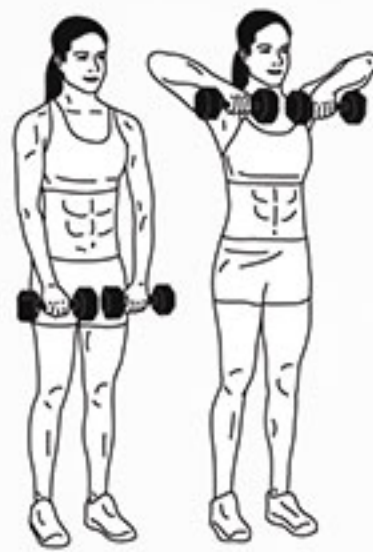
Level II 4 sets

Level III 5 sets

2 minutes rest



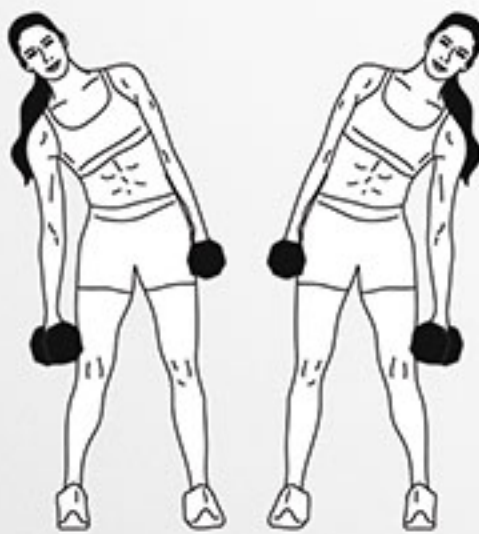
20 alternating bicep curls



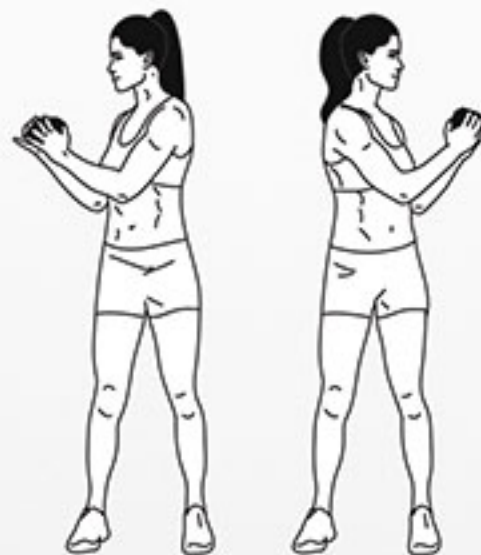
10 upright rows



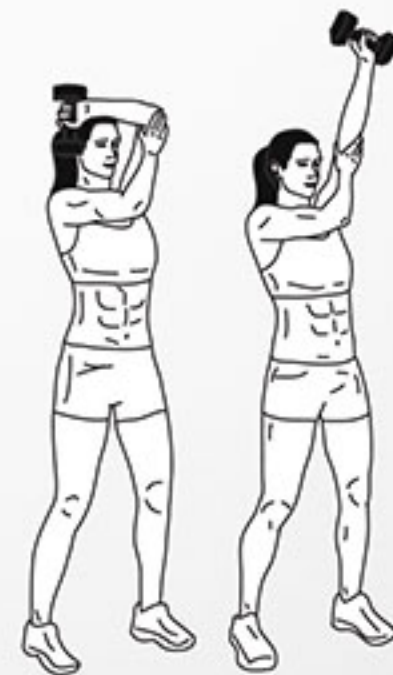
10 alternating shoulder press



10 side bends



10 core twists

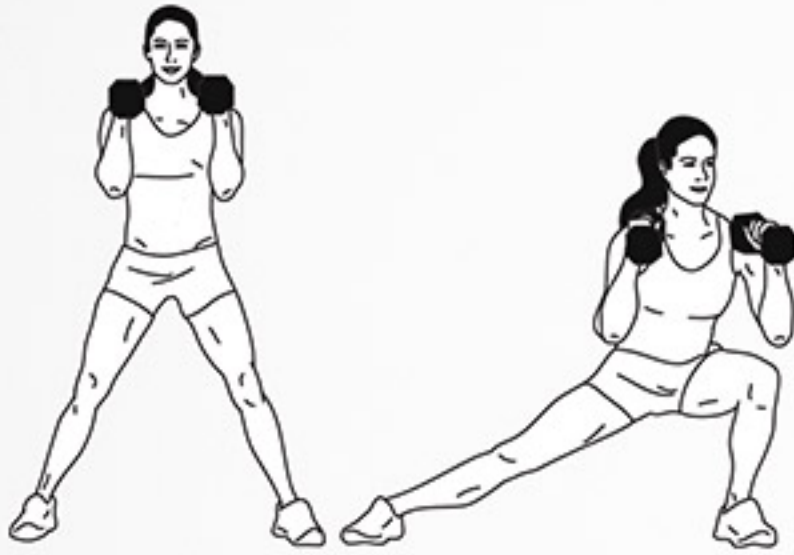


20 tricep extensions

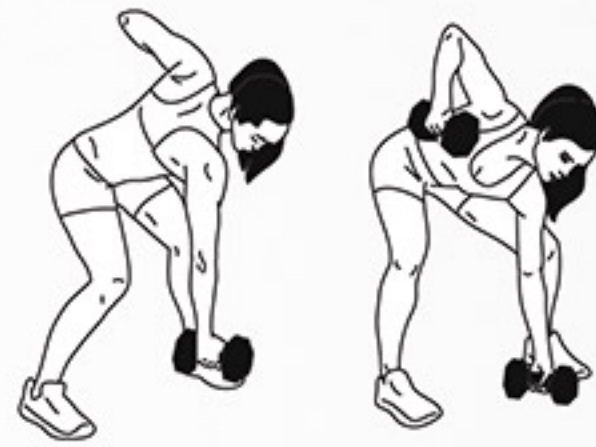
IRONHEART

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



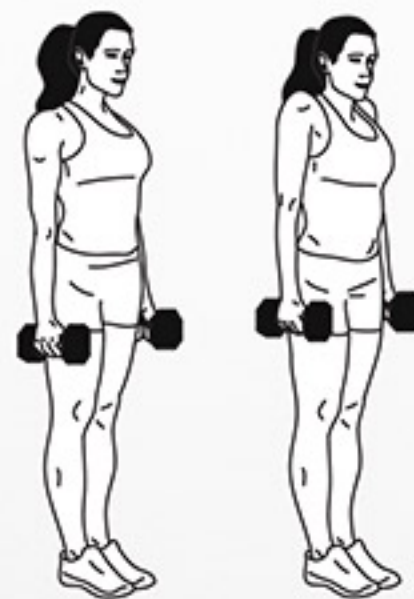
12 side lunges



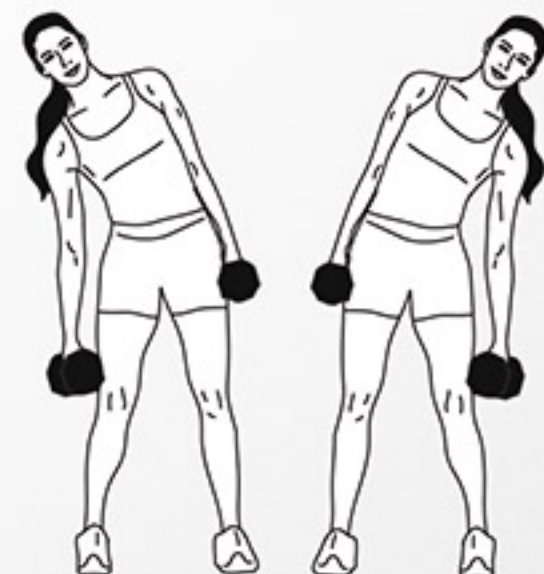
12 alternating bent over rows



6 shoulder press



6 shrugs



12 side bends

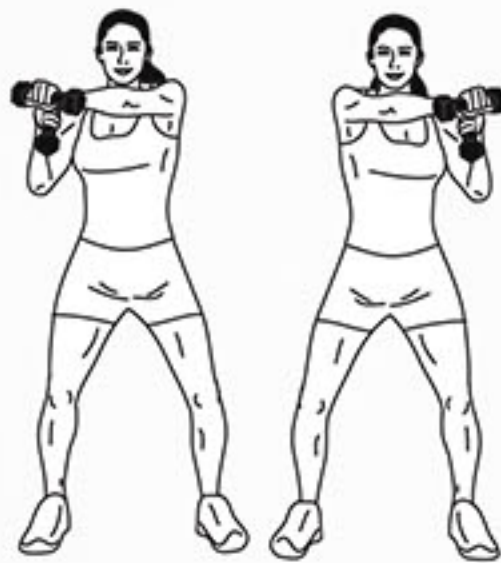
pixie

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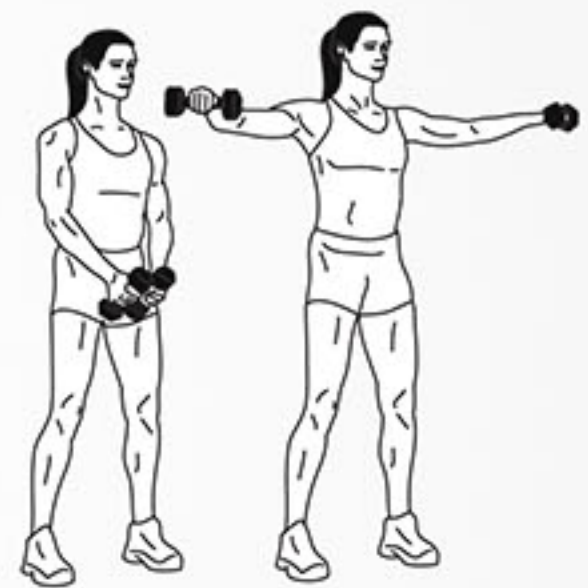
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 knee to elbows



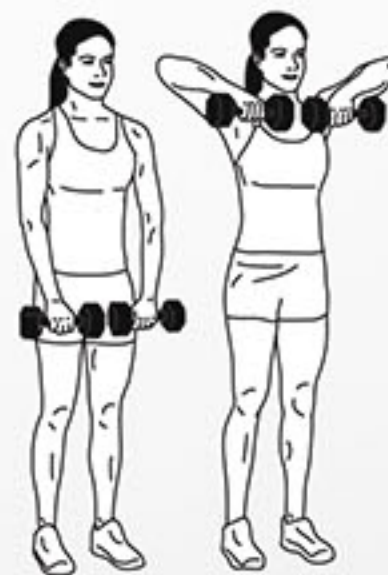
10 punches



10 lateral raises



10 bicep curls



10 chest rows

Power **18**

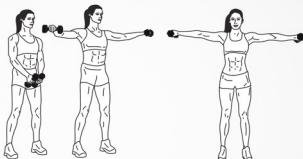
DAREBEE WORKOUT © darebee.com

Use comfortable weights for this routine.

Pick up heavier weights the moment it gets easier.



10 alt bicep curls
3 sets | 20 sec rest



5 lateral raises
3 sets | 20 sec rest

10-count hold
once



5 shoulder presses
3 sets | 20 sec rest



10 tricep extensions
3 sets | 20 sec rest

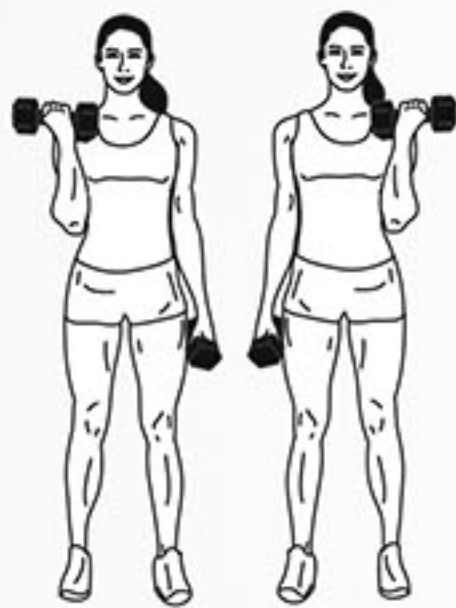


10 upright rows
3 sets | 20 sec rest

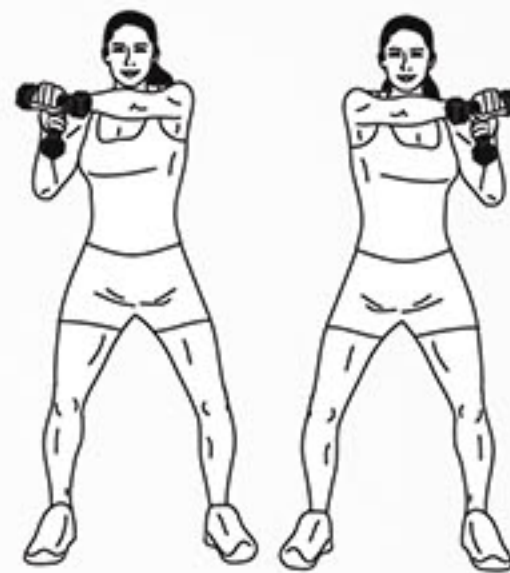
STRONG & BEAUTIFUL

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



20 alt bicep curls



20 punches



10 bent over rows



10 alt shoulder press

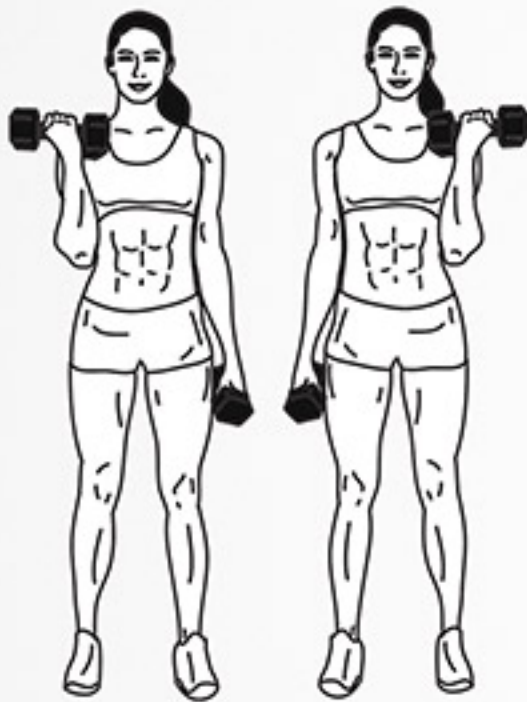


10-count hold

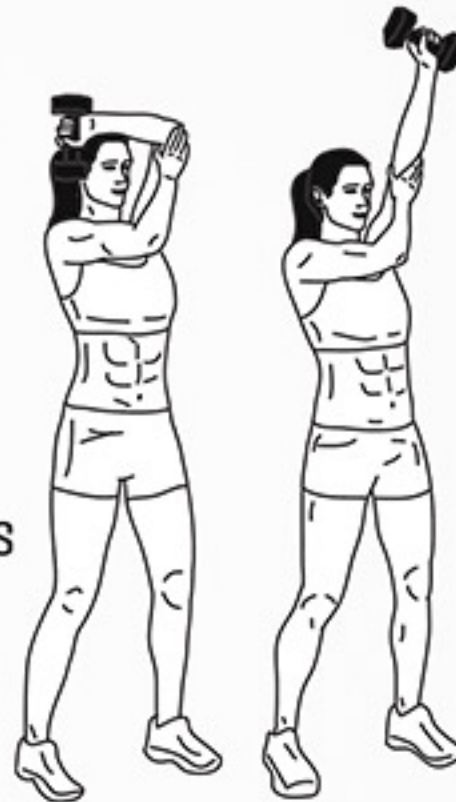
TRIM & TONE

ARMS

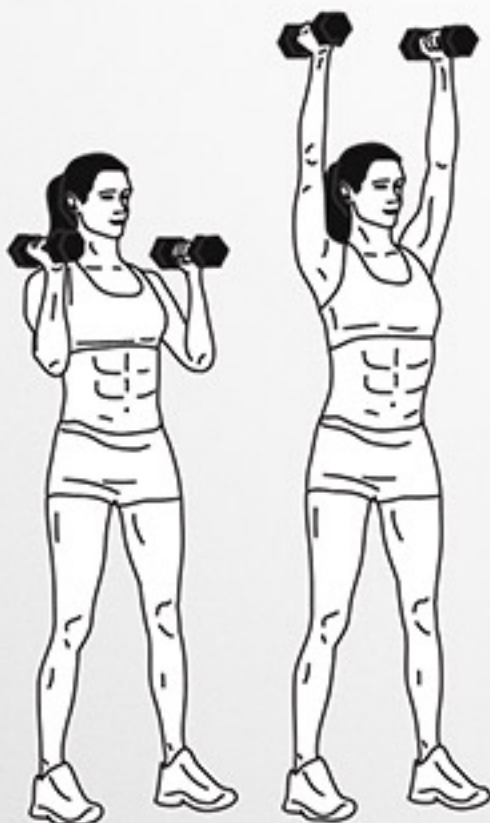
WORKOUT
by DAREBEE
@ darebee.com
2 minutes rest
between exercises



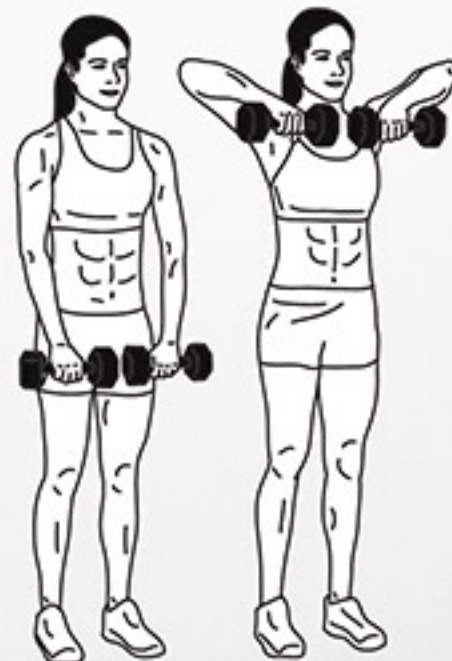
12 reps
x 5 sets
alternating bicep curls
20 seconds rest
between sets



12 reps
x 5 sets
tricep extensions
20 seconds rest
between sets



6 reps
x 5 sets
shoulder press
20 seconds rest
between sets

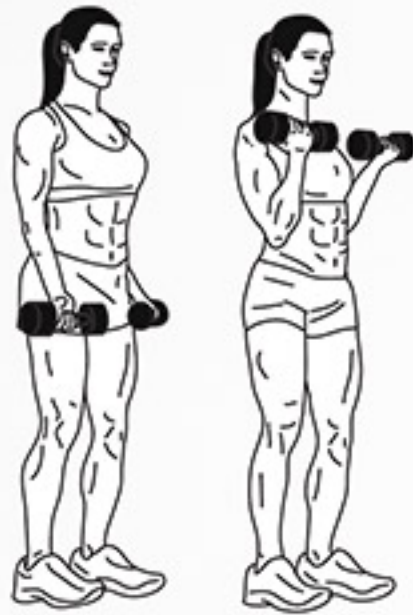


6 reps
x 5 sets
body rows
20 seconds rest
between sets

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UPPERBODY BLAST

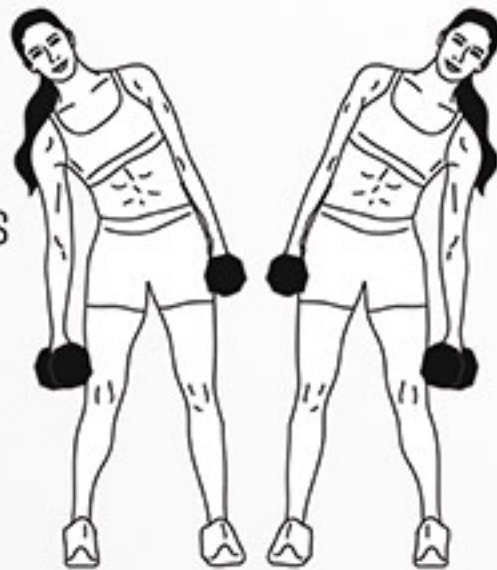
8 bicep curl
x 3 sets in total
20 seconds rest
between sets



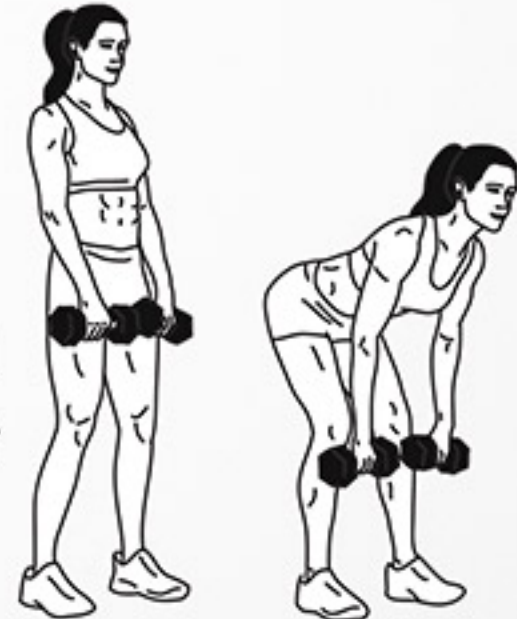
8 shoulder press
x 3 sets in total
20 seconds rest
between sets



8 side-to-side tilts
x 3 sets in total
20 seconds rest
between sets



8 deadlifts
x 3 sets in total
20 seconds rest
between sets



8 bent over rows
x 3 sets in total
20 seconds rest
between sets

