

Catch & Release

DAREBEE WORKOUT

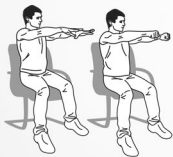
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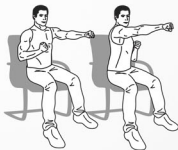
overhead clench
20



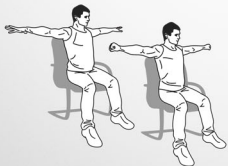
overhead punches
20



extended clench
20



punches
20



side extended clench
20



torso twists
20

DEX TERI TY

DAREBEE
WORKOUT

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 arm scissors



10 scissor chops



10 shoulder rotations



10 bicep extensions



10 shoulder taps



30 clench / unclench

hand mobility

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

Repeat every couple of hours.



up & down stretch



up & down side stretch



rotations



arrow - into - **table top** - into - **straight fist** - into - **claw** - into - **fist**

TALK TO THE

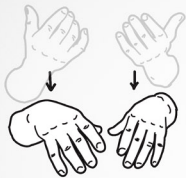
HAND

DAREBEE WORKOUT

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10 reps each | 3 sets

2 minutes rest between sets



1. rapid shaking



2. open and close fists



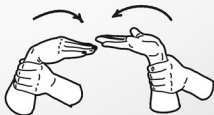
3. rotations



4. finger press



5. side flickers



6. up and down wrist flips

HANG IN THERE!

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to fatigue dead hang

30sec rest

to fatigue dead hang

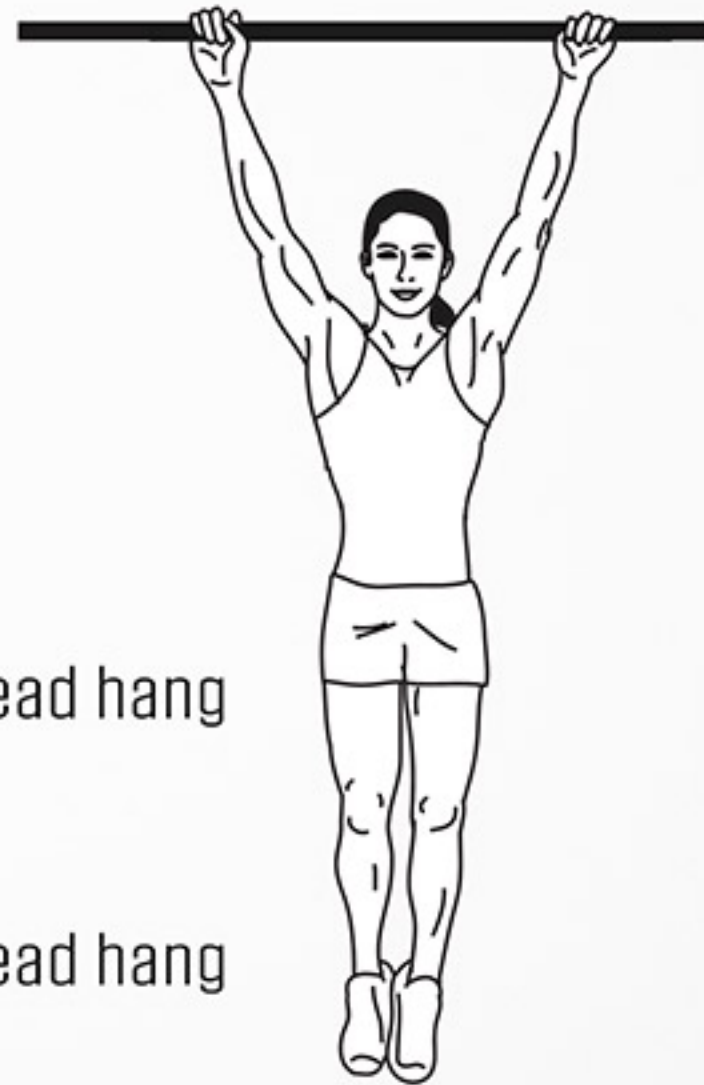
30sec rest

to fatigue dead hang

30sec rest

to fatigue dead hang

done



KEYBOARD WARRIOR

DAREBEE WORKOUT © darebee.com

10 reps each exercise.

Repeat every couple of hours.



arrow - into - table top - into - straight fist - into - claw - into - fist



fist rotations



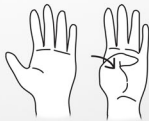
resistance stretch



resistance press



clench / unclench

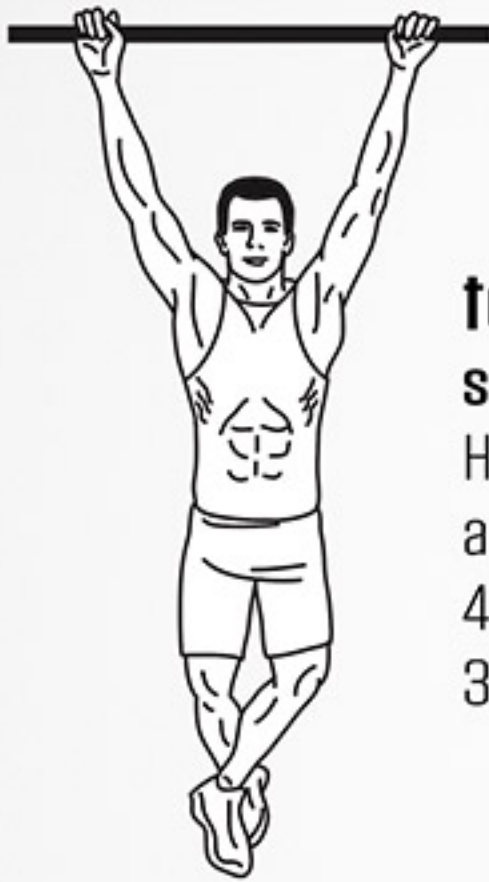


thumb folds

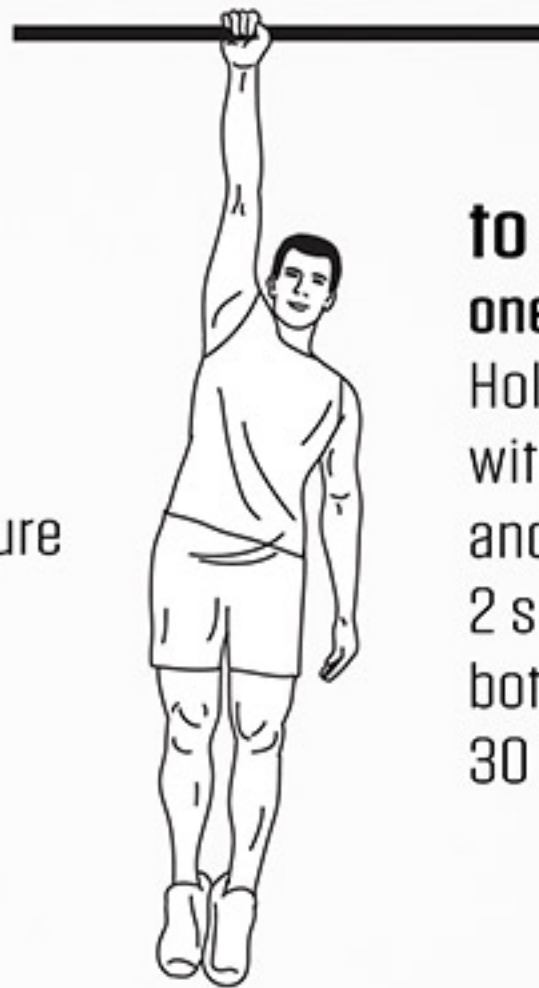
THE KITTEN

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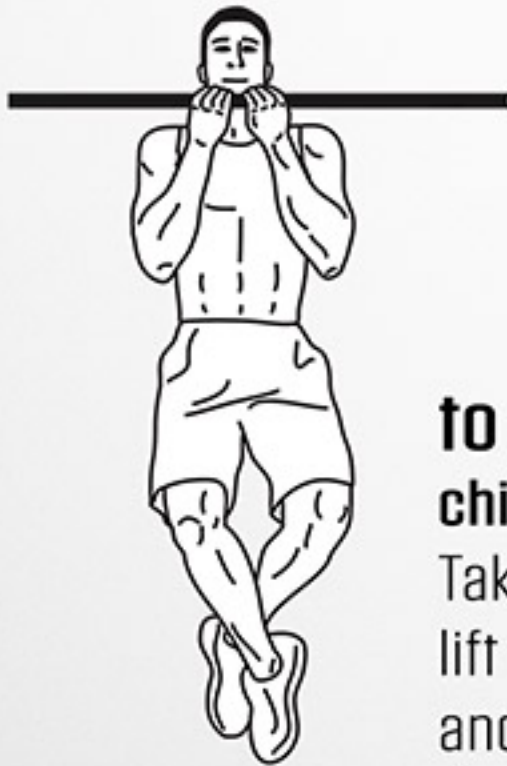
2 minutes rest between exercises



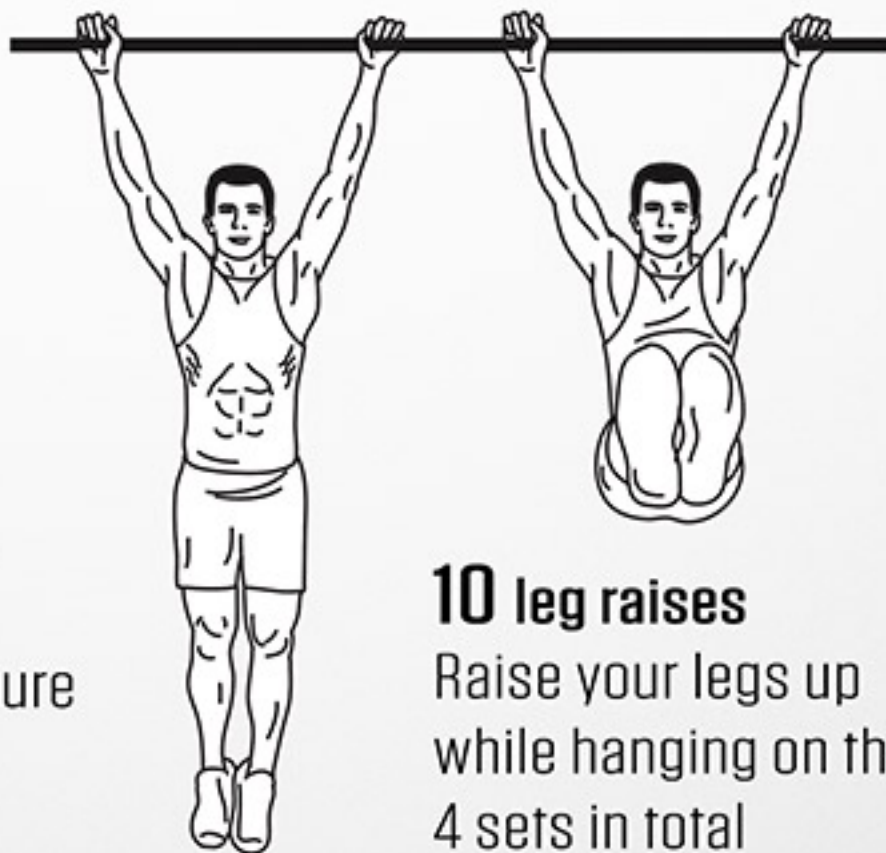
**to failure
straight hang**
Hold on to the bar
and hang until failure
4 sets in total
30 seconds rest



**to failure
one-arm hang**
Hold on to the bar
with one arm only
and hang until failure
2 sets in total
both arms = 1 set
30 seconds rest



**to failure
chin-up hang**
Take a close grip,
lift yourself up
and hang until failure
4 sets in total
30 seconds rest



10 leg raises
Raise your legs up
while hanging on the bar
4 sets in total
30 seconds rest

rainmaker

DAREBEE OFFICE WORKOUT © darebee.com



20 side circles



10-count hold



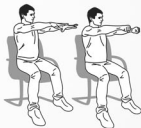
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



10-count hold



20 overhead clenches

TROLL HUNTER

DAREBEE WORKOUT © darebee.com

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



10 chest expansions



10 arm circles



10 arm raises



10 shoulder taps



10 side shoulder taps



10 bicep extensions



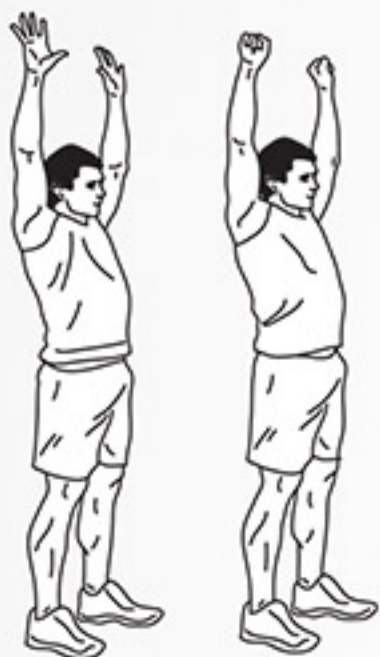
30 seconds clench / unclench

WIZARD

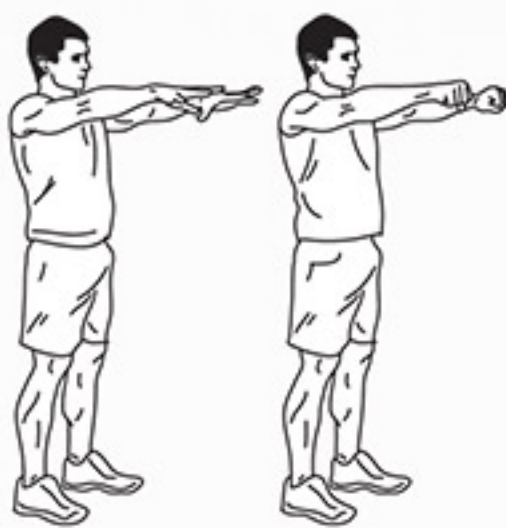
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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



20 clench/unclench
overhead



20 clench/unclench



20 clench/unclench
overhead



20 bicep extensions



20 standing shoulder taps



20 bicep extensions