

BEST THING SINCE SLICED BREAD

DAREBEE
WORKOUT
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Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



5 squats



20 bicep extensions



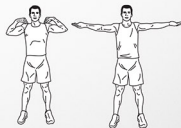
5 squats



20 shoulder taps



5 squats



20 side shoulder taps