

chest & *back*

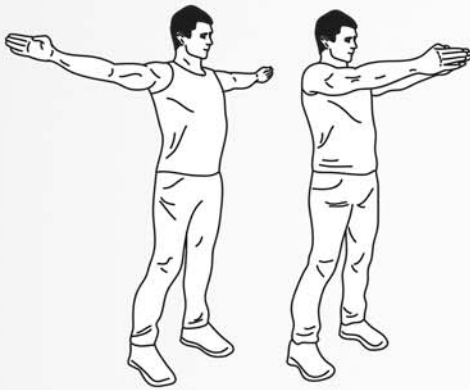
LIGHT

DAREBEE WORKOUT

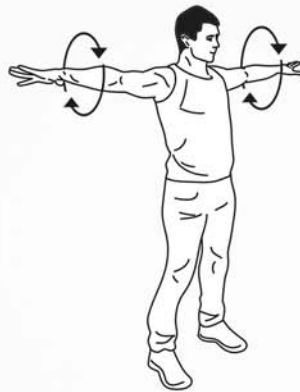
@ darebee.com

repeat 3 times

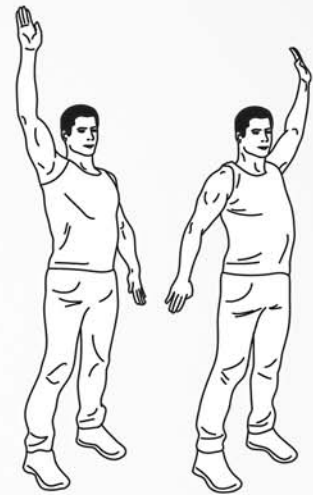
1 minute rest



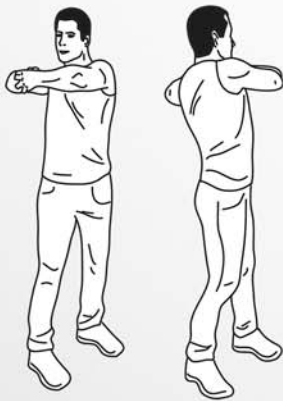
10 chest expansions



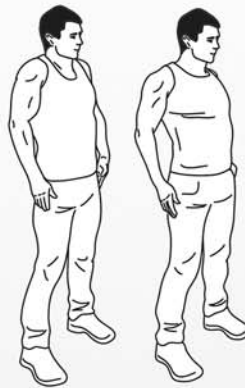
10 raised arm circles



10 alt chest expansions



10 clasped arm rotations



10 shoulder rotations



10-count shoulder stretch