

# clean break

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

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



20 chest expansions



20 alt chest expansions



20 clench / unclench  
arms forward



20 clench / unclench  
arms to sides



20 arm circles



20 wide arm circles