

FEEL GOOD NOW

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

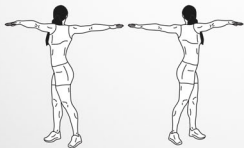
REST up to 2 minutes



20 march steps with arm circles



20 windmills



20 raised arms twists



20 side jacks