

GAME ON

DAREBEE
WORKOUT

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LEVEL I 3 sets

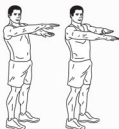
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 scissor chops



20 arm scissors



20 scissor chops



20 arm circles



20 scissor chops