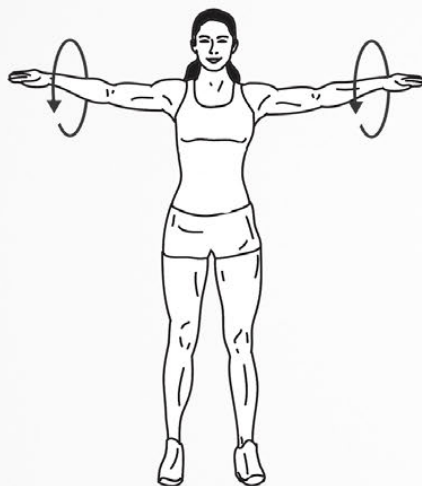


# GONE WILD

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** raised arm circles

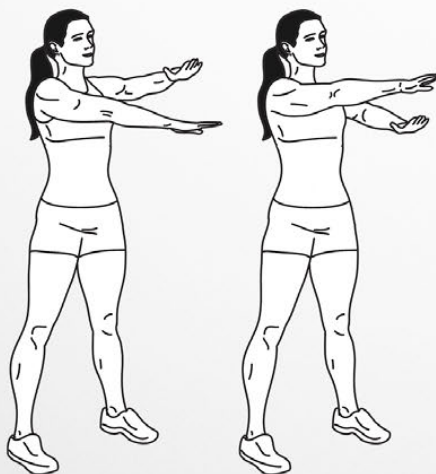
**6** arm scissors

**10** raised arm circles

**6** arm scissors

**10** raised arm circles

**6** arm scissors



**10** raised arm circles

**6** arm scissors