

TALK TO THE

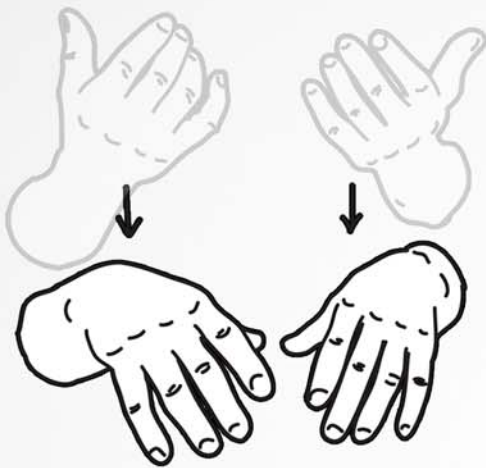
HAND

DAREBEE WORKOUT

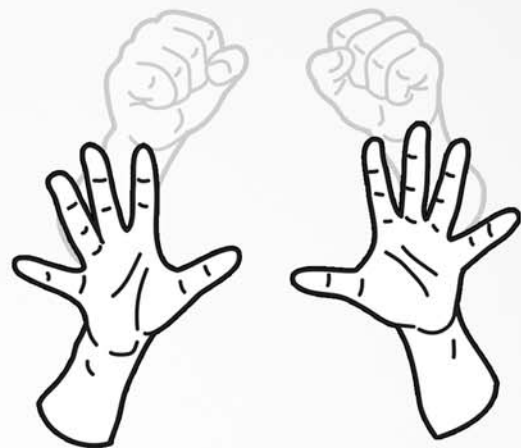
@ darebee.com

10 reps each | 3 sets

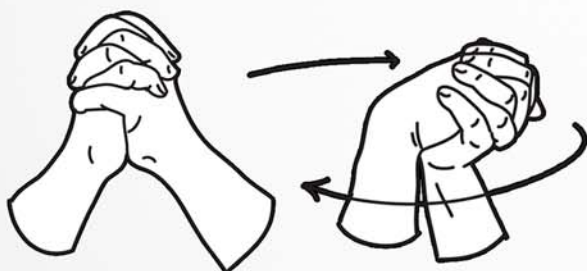
2 minutes rest between sets



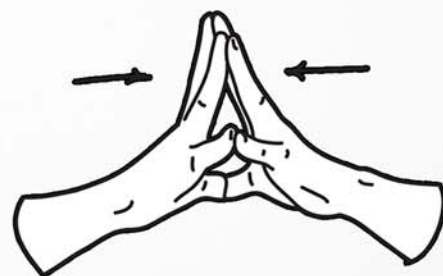
1. rapid shaking



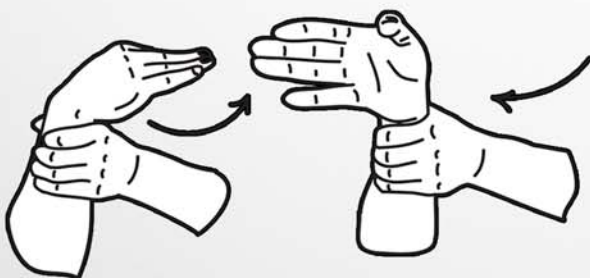
2. open and close fists



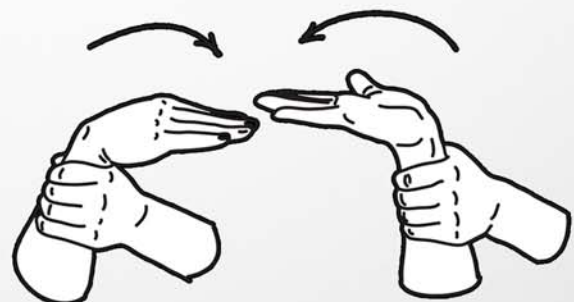
3. rotations



4. finger press



5. side flickers



6. up and down wrist flips