

HELIOS

DAREBEE WORKOUT @ darebee.com

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



20 shoulder taps



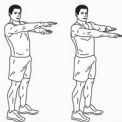
20 side shoulder taps



20 bicep extensions



20 scissor chops



20 arm scissors



20 arm circles



60sec hold