

HERALD

DAREBEE WORKOUT © darebee.com

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



10 shoulder taps



10 bicep extensions



10 arm circles



10 shoulder taps



10 bicep extensions



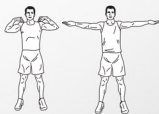
10 elbow clicks



10 shoulder taps



10 bicep extensions



10 side shoulder taps