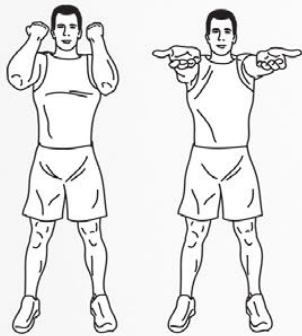


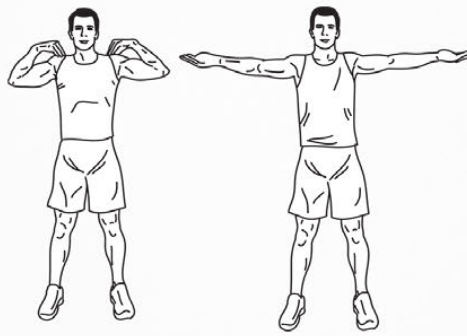
NO WRONG ANSWERS

DAREBEE WORKOUT @ darebee.com

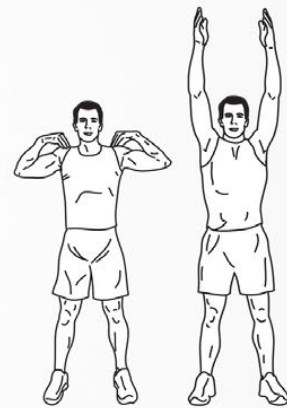
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



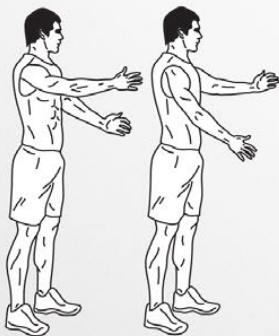
10 bicep extensions



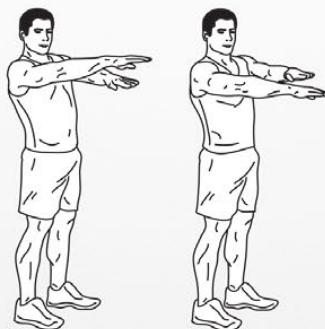
10 side shoulder taps



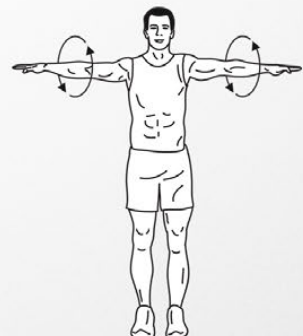
10 shoulder taps



10 scissor chops



10 arm scissors



10 arm circles