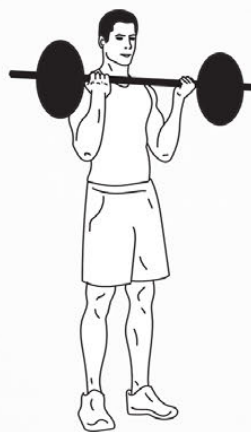
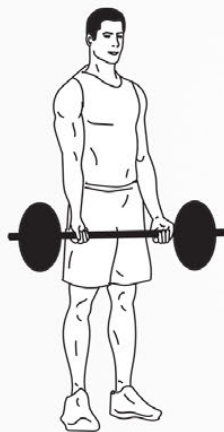


RAISING THE BAR

DAREBEE WORKOUT @ darebee.com

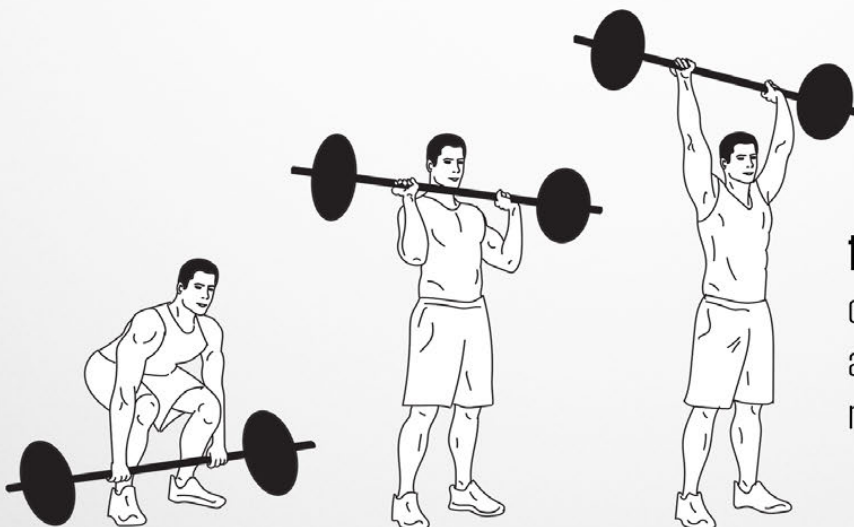
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 3 minutes



to fatigue

bicep curls
aim for 10 reps
minimum



to fatigue

clean and press
aim for 10 reps
minimum