

Seated Cardio

DAREBEE WORKOUT

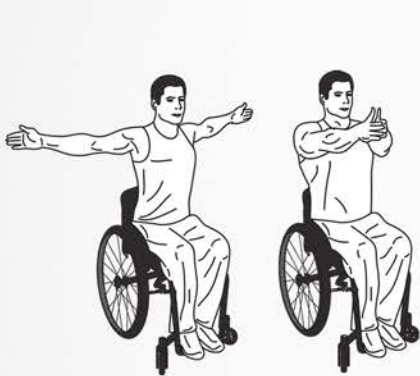
@ darebee.com

LEVEL I 3 sets

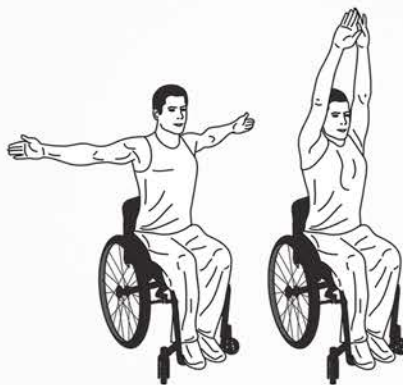
LEVEL II 4 sets

LEVEL III 5 sets

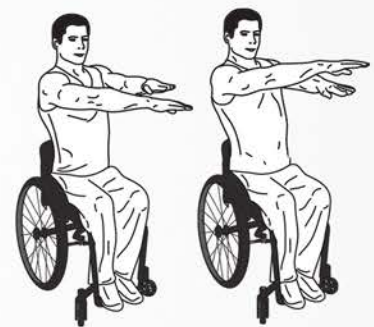
REST up to 2 minutes



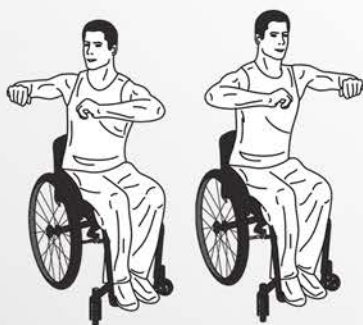
20 chest expansions



20 seated jacks



20 arm scissors



10 twists



20 arm circles



10 forward bends