

DAREBEE
WORKOUT

@ darebee.com

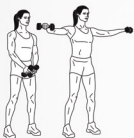
LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes

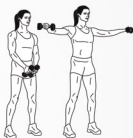
toned arms+



5 arm raises



5-count raised arms hold



5 arm raises



5 bicep curls



5-count overhead hold



5 bicep curls