

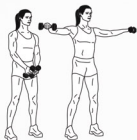
# UPPERBODY WORKS+

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



8 bicep curls



8 lateral raises



8 bicep curls



8 chest rows



8 bicep curls



8 shoulder press