

UPPERBODY WORKS

DAREBEE WORKOUT @ darebee.com

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



20 bicep extensions



20 shoulder taps



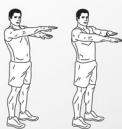
20 bicep extensions



20 scissors chops



20 bicep extensions



20 arm scissors