

arms & back

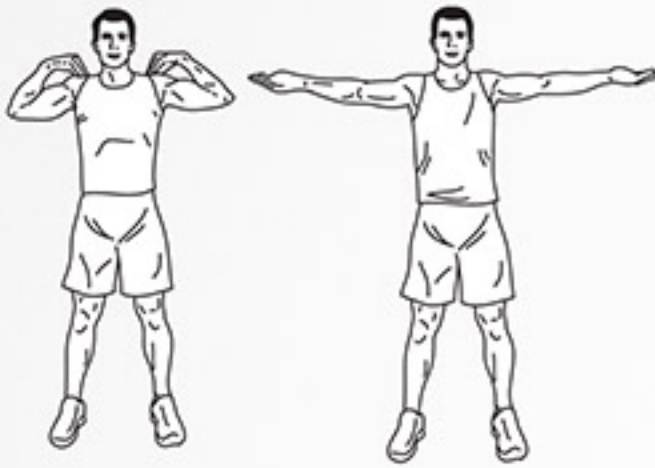
WORKOUT BY
[@ darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



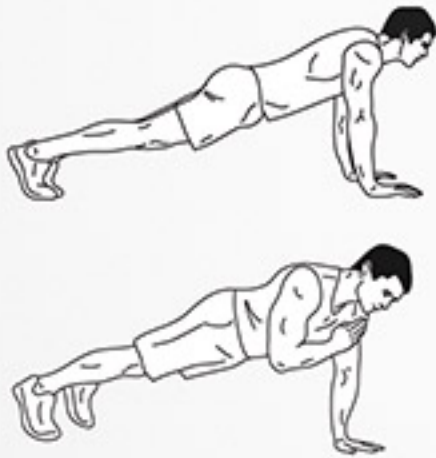
20 side bicep extensions



20 raised arm circles



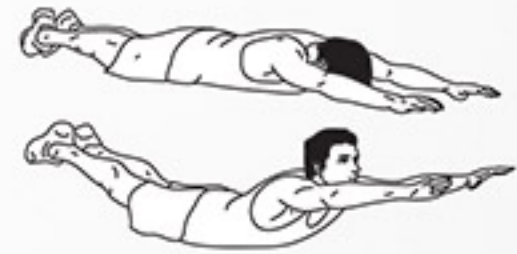
20 bicep extensions



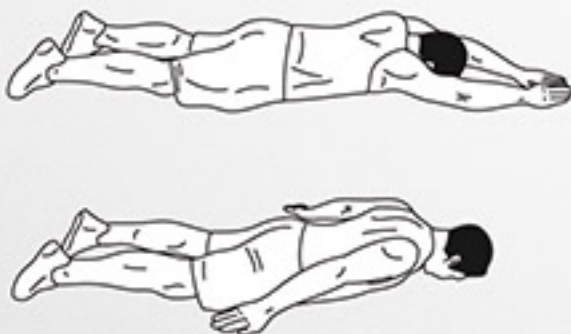
10 shoulder taps



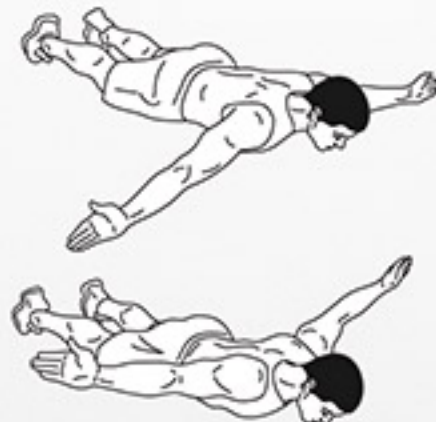
10 plank rotations



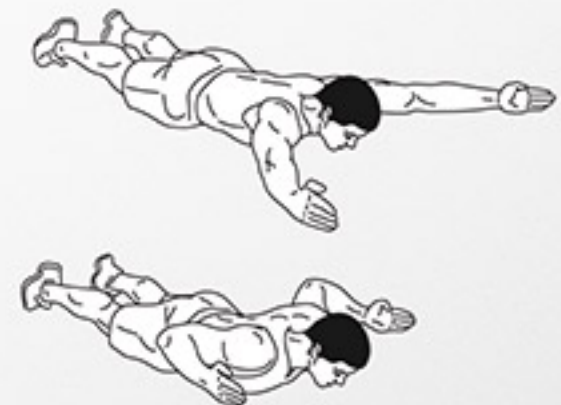
10 superman stretches



10 reverse angels



10 prone reverse flys



10 W-extensions

back in action

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



to failure body rows



10 back turns



10 chest expansions



10 shoulder stretch



to failure shoulder presses



10 back rotations

BACK WORK

WORKOUT
BY DAREBEE
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5 sets in total
2 minutes rest
between sets



14 reverse angels



14 swimmers



14 W-extensions

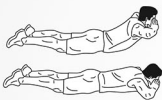


14 back arches

DAYBREAK

DAREBEE WORKOUT © darebee.com

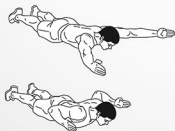
2 minutes rest between exercises



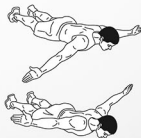
10 back extensions x **4 sets** in total
20 seconds rest between sets



10 reverse angels x **4 sets** in total
20 seconds rest between sets



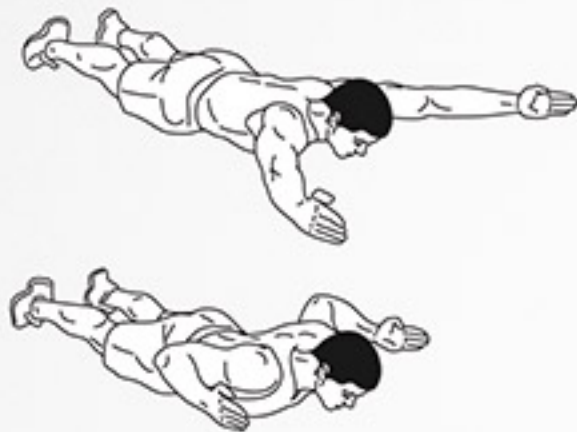
10 W-extensions x **4 sets** in total
20 seconds rest between sets



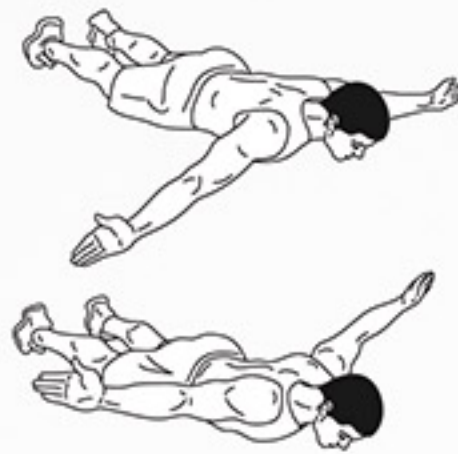
10 reverse prone fly x **4 sets** in total
20 seconds rest between sets

FALLBACK

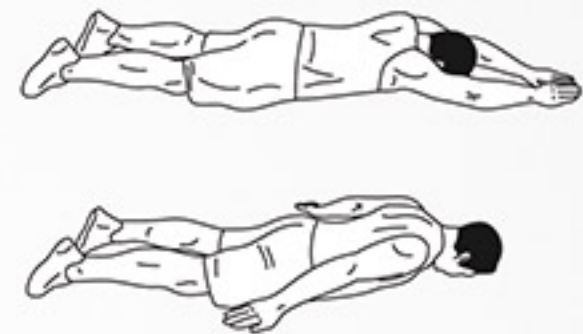
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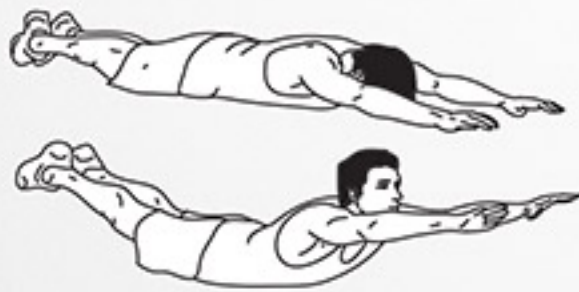
10 W-extensions
3 sets in total
20 sec rest in between



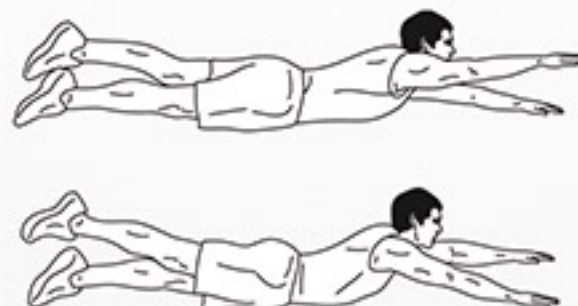
10 prone reverse fly
3 sets in total
20 sec rest in between



10 reverse angels
3 sets in total
20 sec rest in between



10 superman extensions
3 sets in total
20 sec rest in between



10 swimmers
3 sets in total
20 sec rest in between



60 seconds
stretch

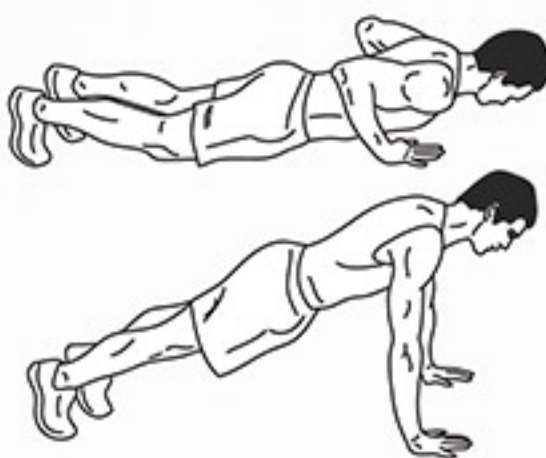
HARDBACK

DAREBEE BACK WORKOUT @ darebee.com

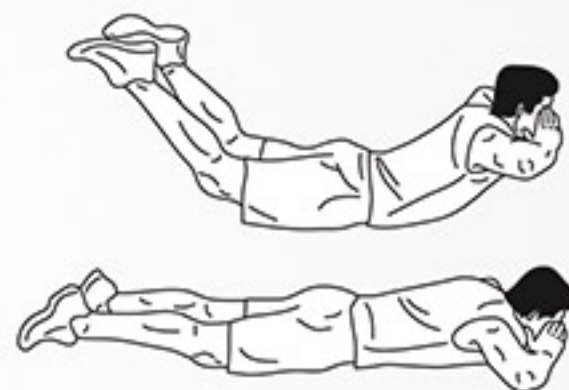
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 downward upward dog



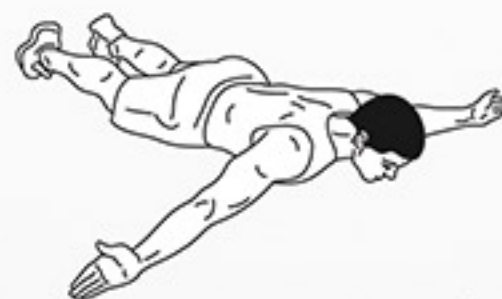
10 drop push-ups



10 back extensions



10 reverse angels



10 prone reverse fly



10 prone W-extensions

HOMEMADE BACK

DAREBEE WORKOUT

@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

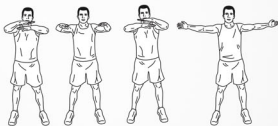
REST up to 2 minutes



5 diver push-ups



10 half squat rows



10 double chest expansions



10 lawnmowers



10 forward bends

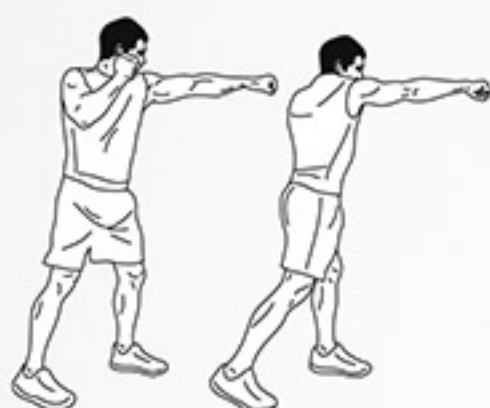


10 wall arm slides

KEEP DEFENDER

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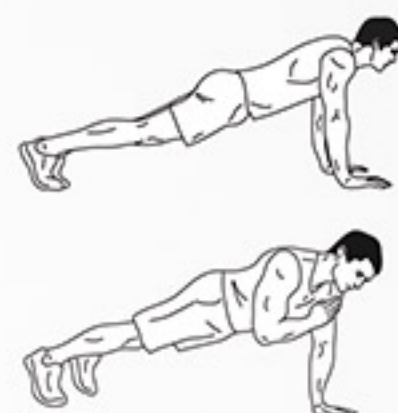
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



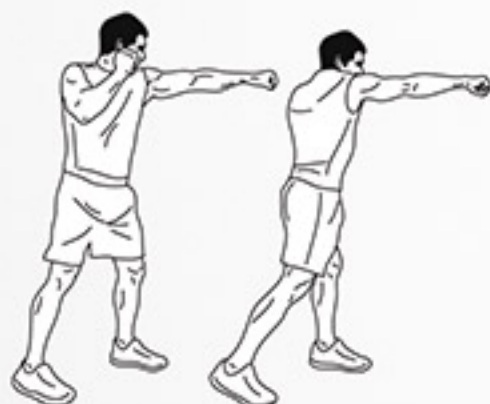
20 punches



4 plank rotations



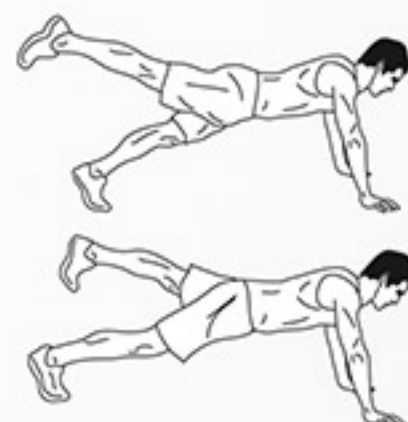
10 shoulder taps



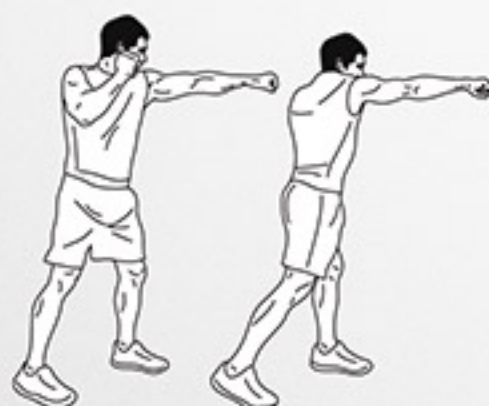
20 punches



4 plank rotations



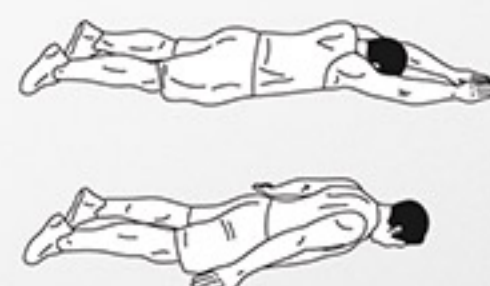
10 plank leg raises



20 punches



4 plank rotations

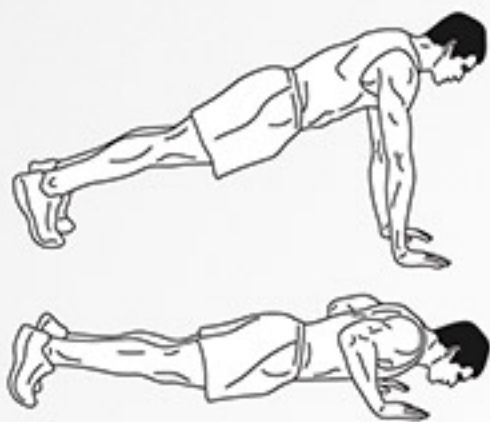


10 reverse angels

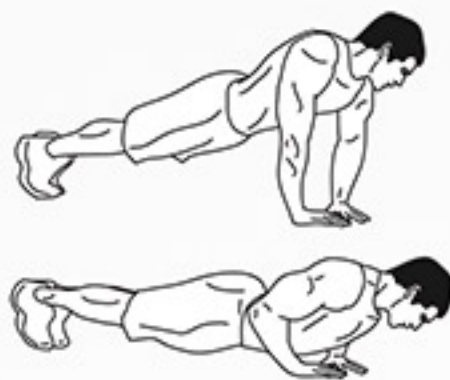
THE SHIELD

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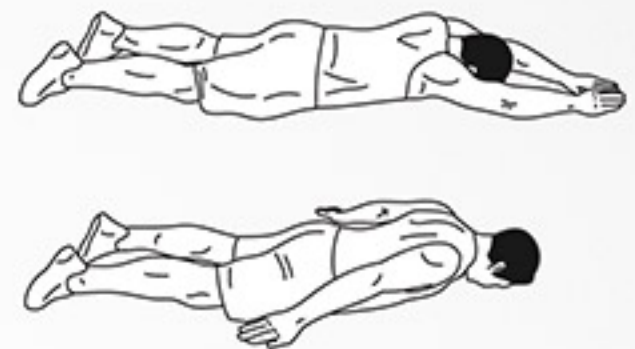
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



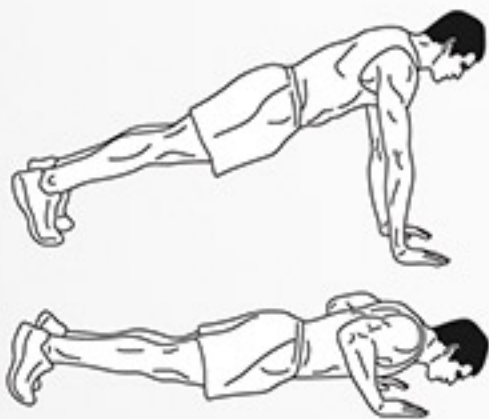
4 push-ups



4 tricep push-ups



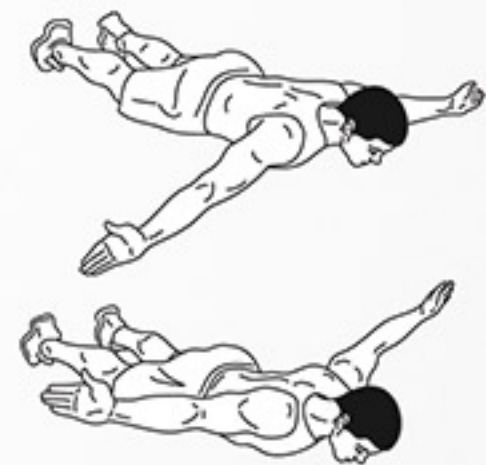
10 reverse angels



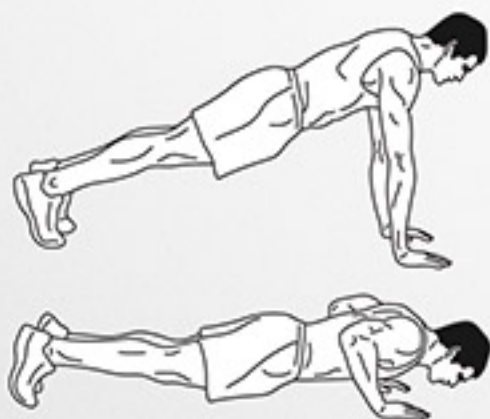
4 push-ups



4 staggered push-ups



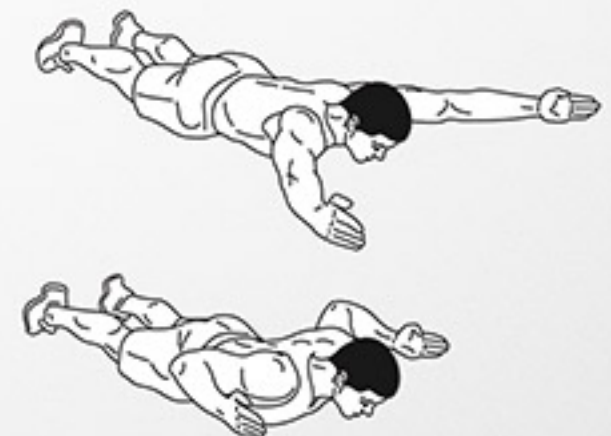
10 prone reverse fly



4 push-ups



4 shoulder tap push-ups



10 W-extensions

SWIMMER

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 alt arm / leg raises



10 side plank rotations



10 side bridges



10 flutter kicks



10 windshield wipers



10 swimmers



10 diver push-ups