

# ARCHER

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

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



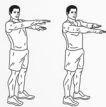
20 archers



20-count hold



20 archers



20 arm scissors



20 archers



20 scissor chops



20 archers