

# arms & shoulders stretching

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

10 reps each exercise (each side)

Count to 10 while holding each stretch (for each side).



bicep extensions



bicep extensions  
both arms



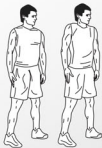
elbow clicks



tricep stretch



shoulder stretch



shrugs