

ARMS & SHOULDERS

DAREBEE WORKOUT @ darebee.com

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



10 bicep extensions



10 side shoulder taps



10 bicep extensions



10 arm circles



10 bicep extensions



10 arm circles



10 bicep extensions



10 side shoulder taps



10 bicep extensions