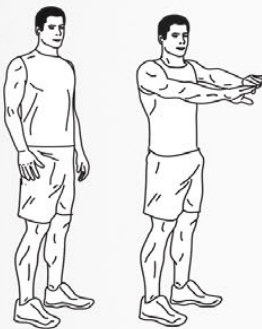


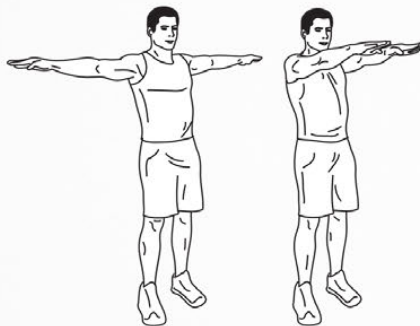
CAPTAIN ON DECK

DAREBEE WORKOUT @ darebee.com

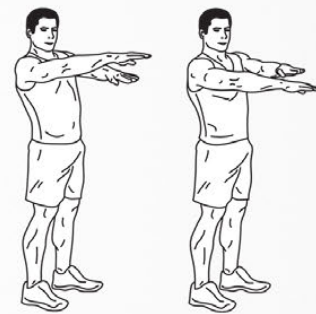
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



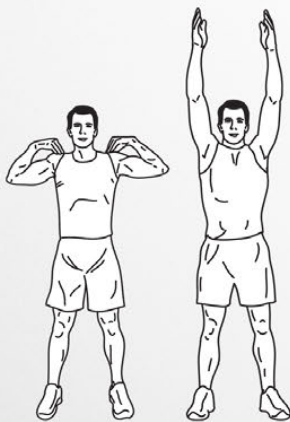
10 arm raises



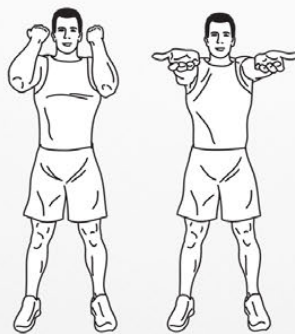
10 arm extensions



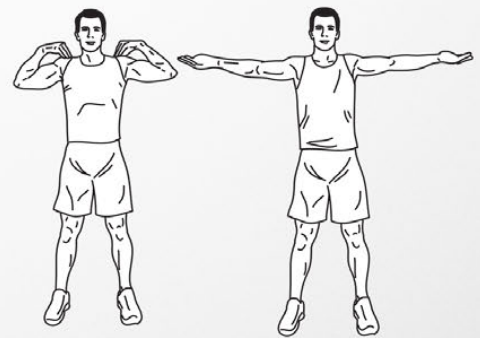
10 arm scissors



10 shoulder taps



10 bicep extensions



10 side shoulder taps