

# CUPID

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

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



6 archer lunges



12 bicep curls



6 archer lunges



12 shrugs



6 archer lunges



12 shrugs



6 archer lunges