

EVOLUTION

DAREBEE WORKOUT @ darebee.com

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



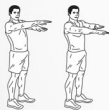
10 reverse lunges



20 bicep extensions



10 reverse lunges



20 arm scissors



10 reverse lunges



20 scissor chops



20 arm circles