

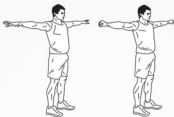
HAMMERTIME

DAREBEE WORKOUT @ darebee.com

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



20 split jacks



20 clench / unclench



20 split jacks



20 scissor chops



20 split jacks



20 scissor chops



20 split jacks