

# LIBRARIAN

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

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



20 clench / unclench



20 shoulder taps



20 clench / unclench



20 shoulder taps



20 clench / unclench



20 shoulder taps



20 arm scissors