

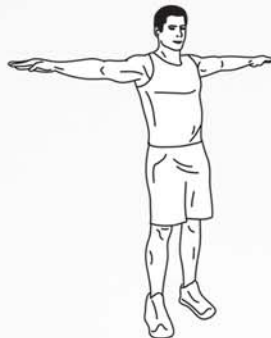
MAGICIAN

DAREBEE WORKOUT @ darebee.com

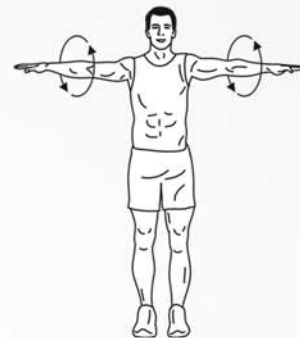
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20sec hold



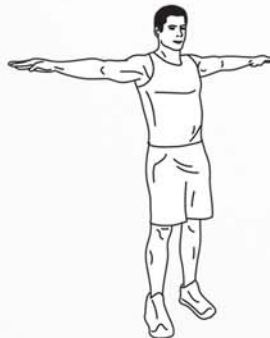
20sec hold



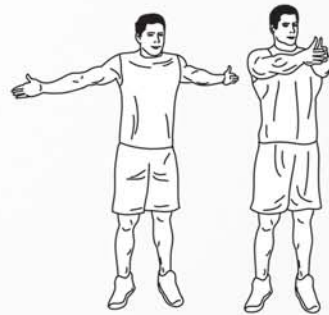
20sec raised arm circles



20sec hold



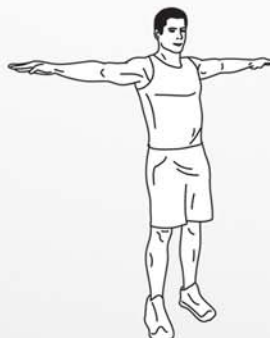
20sec hold



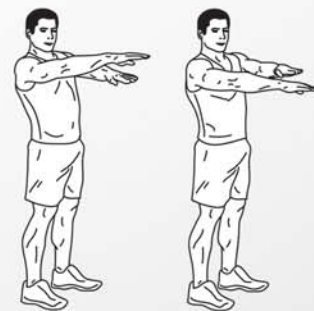
20sec chest expansions



20sec hold



20sec hold



20sec arm scissors