

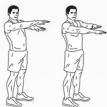
messenger

DAREBEE WORKOUT © darebee.com

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



20 march steps



20 scissors



20 march steps



20 bicep extensions



20 march steps



20 shoulder taps



20 side shoulder taps