

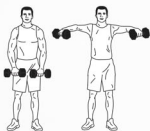
META BURN

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 20 seconds



6 bicep curls



6 lateral raises



6 shoulder press



6 upright rows



6 tricep extensions