

# ORIENTATION

DAREBEE  
WORKOUT

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# DAY

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



**10** chest expansions



**10** bicep extensions



**10** arm circles



**10** arm scissors



**10** scissor chops



**10** arm circles



**10** W-expansions



**10** elbow clicks



**10** arm circles