

# rainmaker

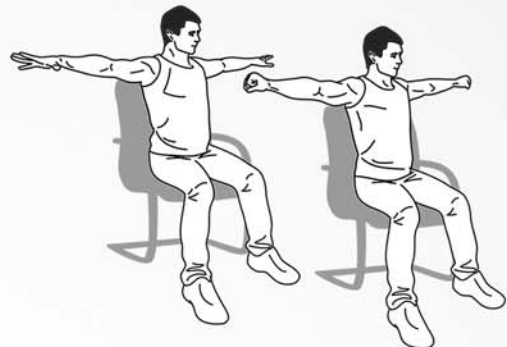
DAREBEE **OFFICE** WORKOUT @ [darebee.com](https://darebee.com)



**20** side circles



**10-count** hold



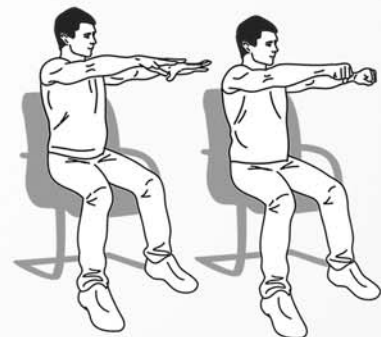
**20** side clenches



**20** forward circles



**10-count** hold



**20** forward clenches



**20** overhead circles



**10-count** hold



**20** overhead clenches