

# SNAP OUT OF IT

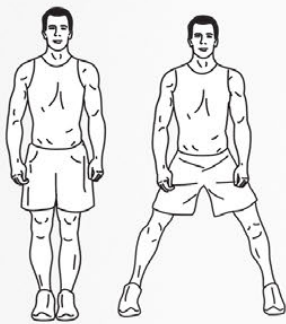
DAREBEE WORKOUT  
@ [darebee.com](https://darebee.com)

Level I 3 sets

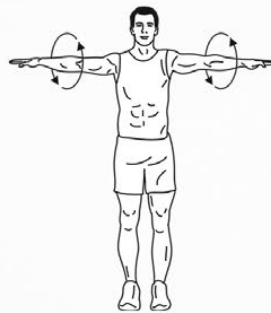
Level II 5 sets

Level III 7 sets

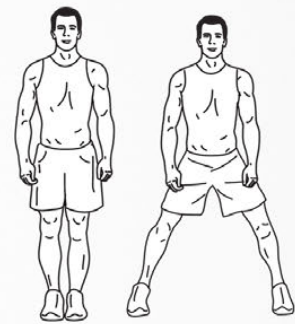
2 minutes rest



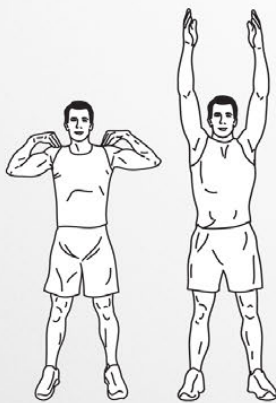
**10** half jacks



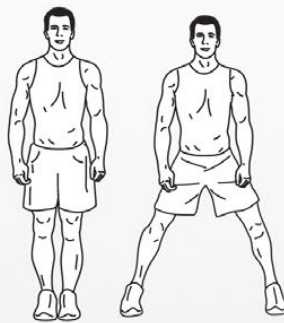
**20** raised arm circles



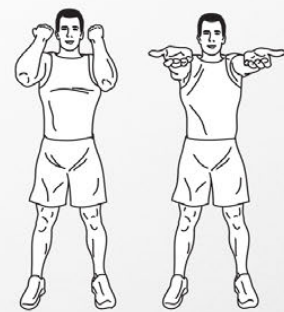
**10** half jacks



**20** shoulder taps



**10** half jacks



**20** bicep extensions