

# STORM RAIDER

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



20 scissor chops



20 arm scissors



20 scissor chops



20 shoulder taps



20 bicep extensions



20 shoulder taps



20 arm circles