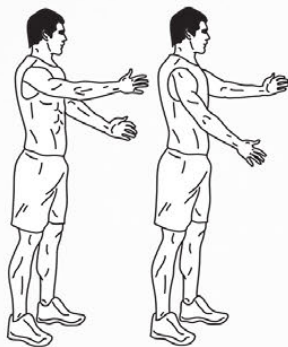


# tempered STEEL

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

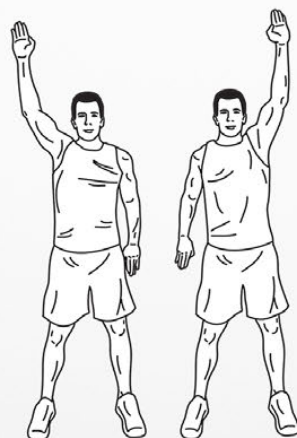
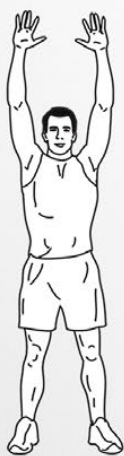
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** bicep extensions

**20** scissor chops

**20** arm scissors



**20** W-extensions

**20** alt chest expansions

**20** chest expansions