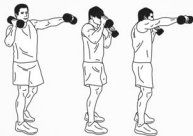


UPPERBODY TENDON STRENGTH+

DAREBEE WORKOUT © darebee.com



30sec dumbbell hold
right arm



10sec punches
slow motion



30sec dumbbell hold
left arm



30sec bicep curls
slow motion



10sec hold



30sec bicep curls
slow motion