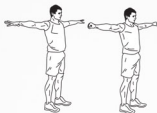


UPPERBODY TENDON STRENGTH

DAREBEE WORKOUT © darebee.com



30sec clench/unclench
overhead



30sec clench / unclench
arms raised to the side



30sec clench/unclench
overhead



30sec raised arm circles



30sec hold



30sec raised arm circles



30sec bicep extensions



30sec hold



30sec bicep extensions