

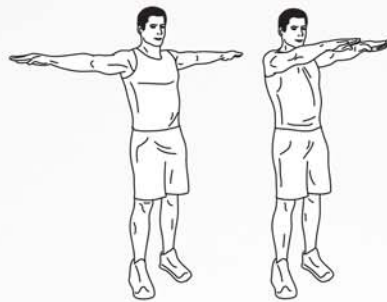
UPPERBODY

DAREBEE WORKOUT @ darebee.com

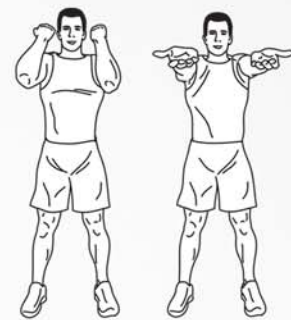
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 knee push-ups



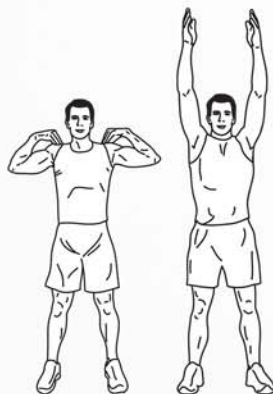
10 arm extensions



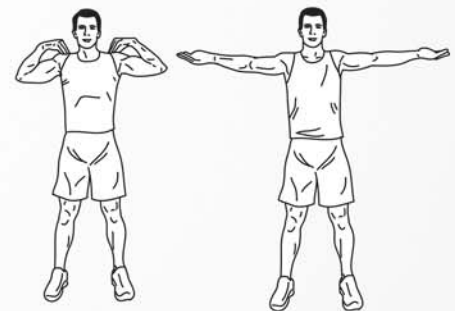
10 bicep extensions



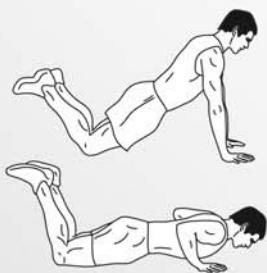
10 knee push-ups



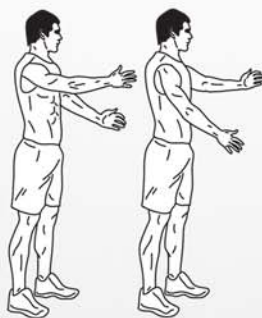
10 shoulder taps



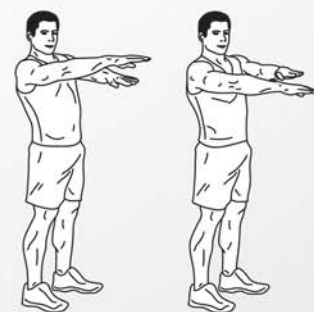
10 side shoulder taps



10 knee push-ups



10 scissor chops



10 arm scissors