

# upperbody works

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

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



20 bicep extensions



20 shoulder taps



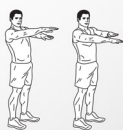
20 bicep extensions



20 scissors chops



20 bicep extensions



20 arm scissors