

arms & back

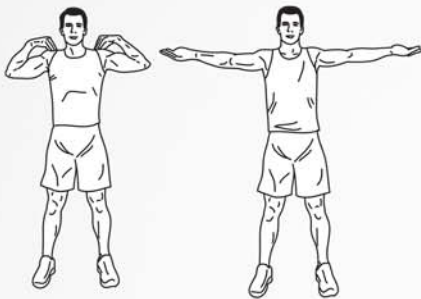
WORKOUT BY
[@ darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

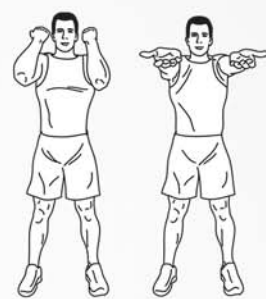
REST up to 2 minutes



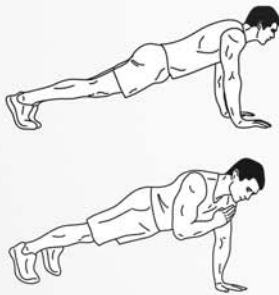
20 side bicep extensions



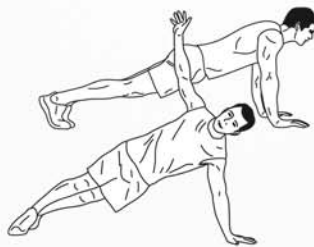
20 raised arm circles



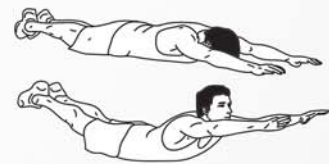
20 bicep extensions



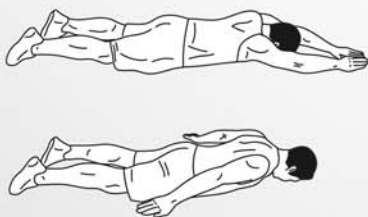
10 shoulder taps



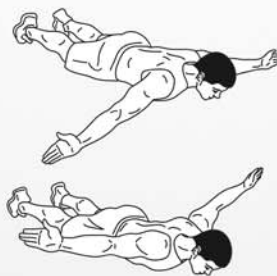
10 plank rotations



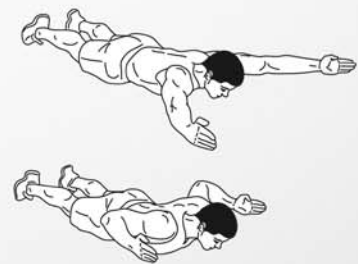
10 superman stretches



10 reverse angels



10 prone reverse flys



10 W-extensions