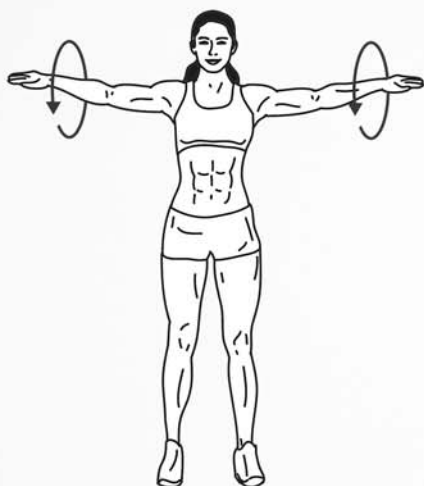


# GONE WILD

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 raised arm circles

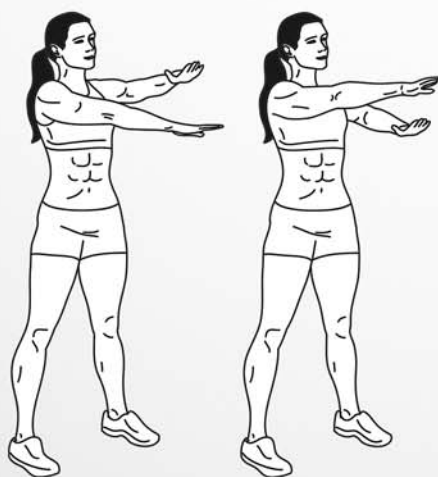
6 arm scissors

10 raised arm circles

6 arm scissors

10 raised arm circles

6 arm scissors



10 raised arm circles

6 arm scissors

done