

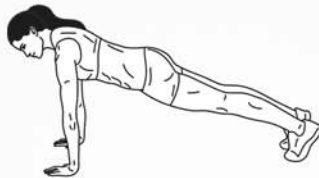
toned arms

DAREBEE WORKOUT @ darebee.com

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



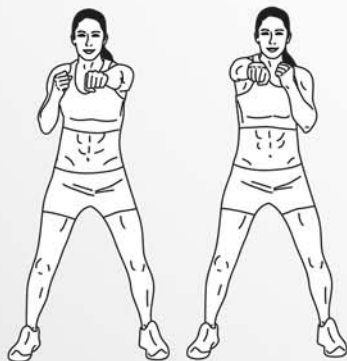
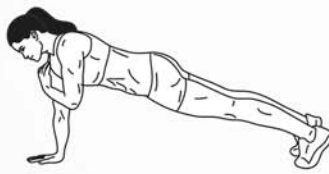
10 tricep dips



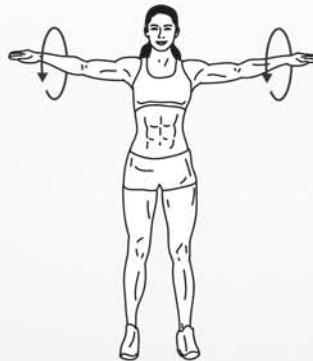
20 shoulder taps



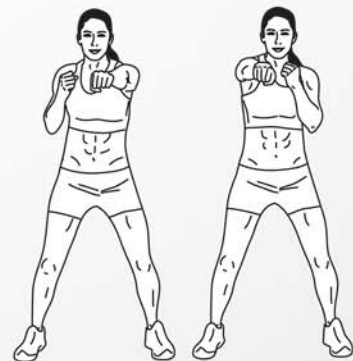
10 tricep dips



20 punches



10 raised arm circles



20 punches