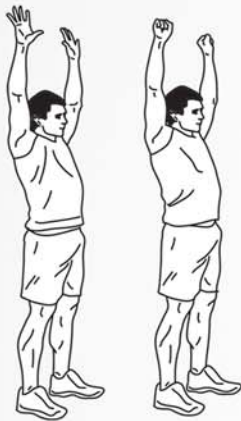


WIZARD

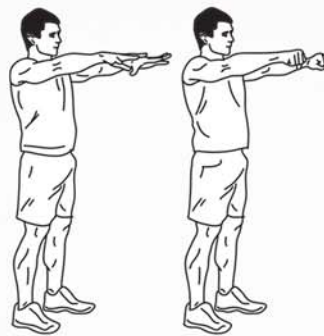
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

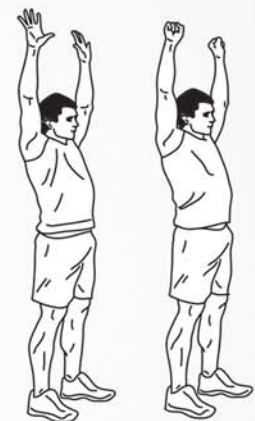
REST up to 2 minutes



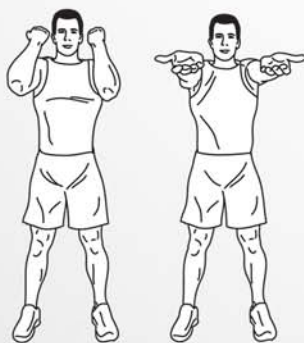
20 clench/unclench
overhead



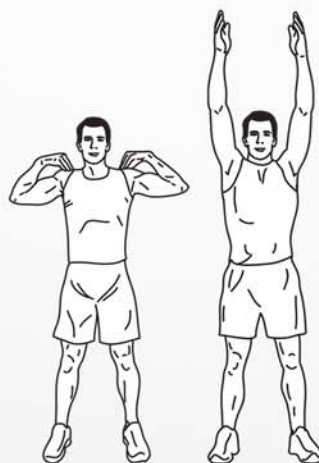
20 clench/unclench



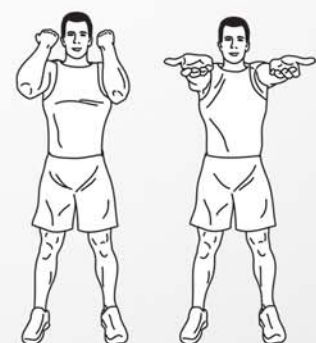
20 clench/unclench
overhead



20 bicep extensions



20 standing shoulder taps



20 bicep extensions