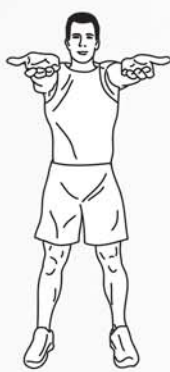


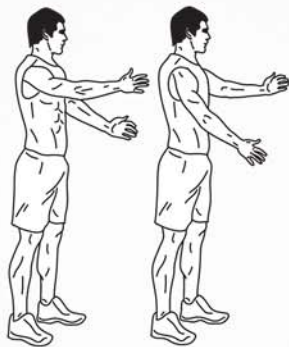
tempered STEEL

DAREBEE WORKOUT @ darebee.com

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



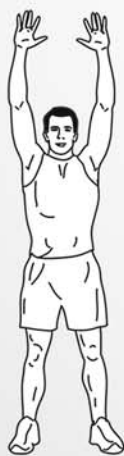
20 bicep extensions



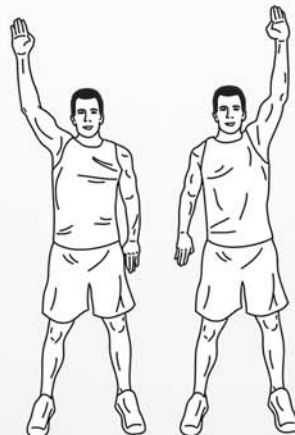
20 scissor chops



20 arm scissors



20 W-extensions



20 alt chest expansions



20 chest expansions