

ARMS & SHOULDERS

DAREBEE WORKOUT @ darebee.com

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



10 bicep extensions



10 side shoulder taps



10 bicep extensions



10 arm circles



10 bicep extensions



10 arm circles



10 bicep extensions



10 side shoulder taps

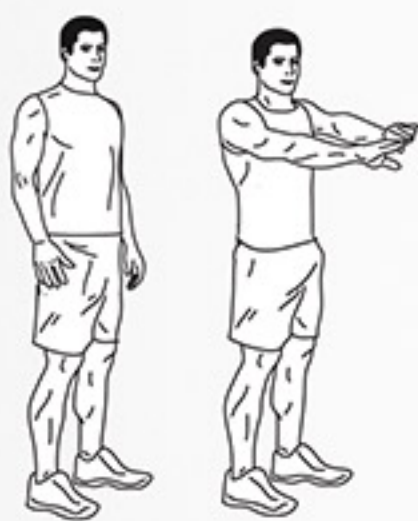


10 bicep extensions

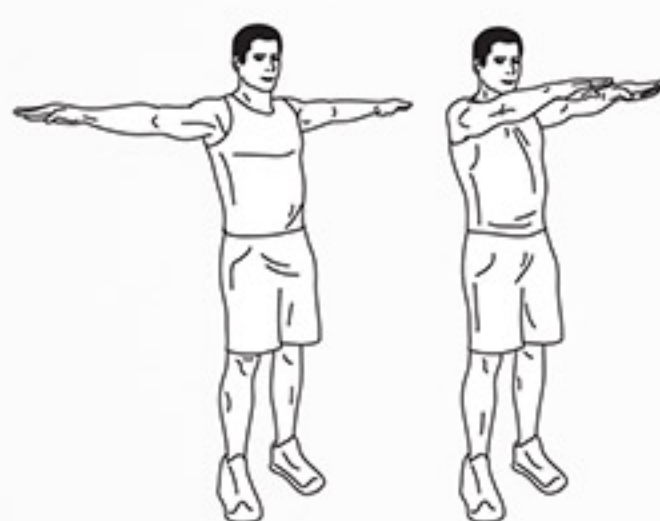
CAPTAIN ON DECK

DAREBEE WORKOUT @ darebee.com

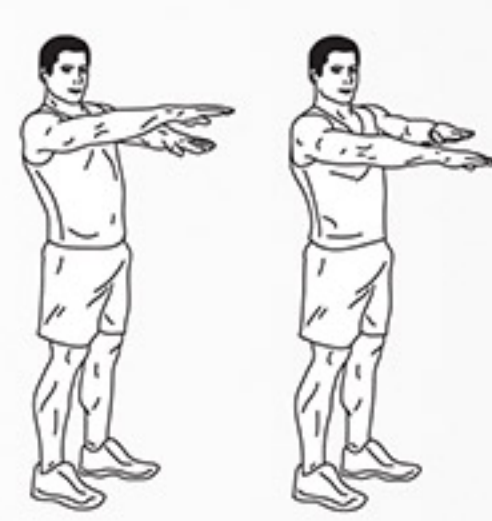
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 arm raises



10 arm extensions



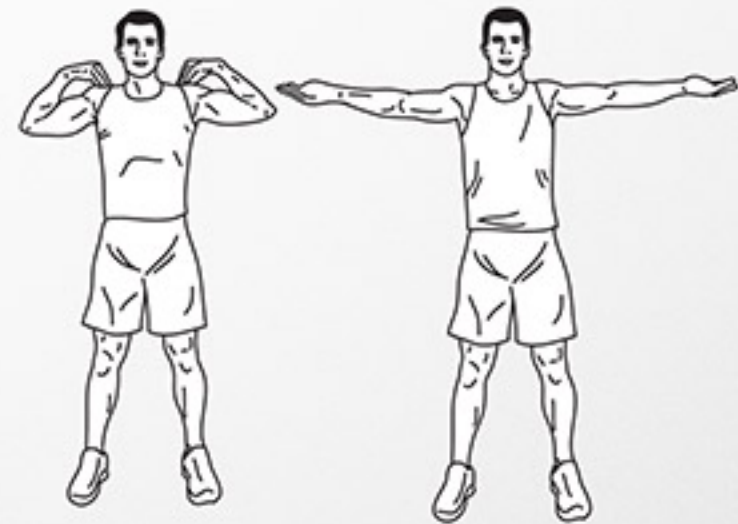
10 arm scissors



10 shoulder taps



10 bicep extensions



10 side shoulder taps

chest & shoulders

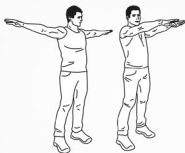
LIGHT

DAREBEE WORKOUT @ darebee.com

repeat 3 times with 1 minute rest in between



20sec raised arm hold



20 chest expansions



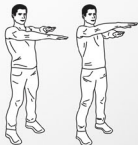
20sec raised arm hold



20 alt chest expansions



20sec raised arm hold

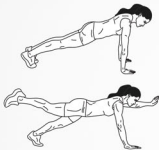


20 arm scissors

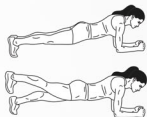
CORE STABILITY

DAREBEE WORKOUT © darebee.com

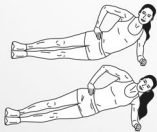
30 seconds rest between exercises



20 alt arm / leg raises
5 sets | 30 seconds rest



20 elbow plank leg raises
5 sets | 30 seconds rest



20 side bridges
5 sets | 30 seconds rest

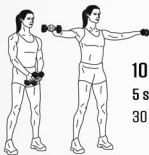


20 side bridge leg raises
5 sets | 30 seconds rest

DUMBBELL TRICEPS

DAREBEE WORKOUT © darebee.com

30 seconds rest between exercises



10 lateral raises
5 sets in total
30 seconds rest



2 minute
lateral raise hold
once



20 punches
5 sets | 30sec rest



10 tricep extensions
5 sets | 30sec rest



10 overhead extensions
5 sets | 30sec rest

forearms & triceps

LIGHT

DAREBEE WORKOUT @ darebee.com

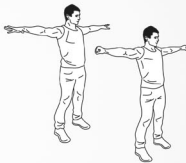
repeat 3 times with 1 minute rest in between



20 extended clench



20 raised arm circles



20 side extended clench



20 raised arm circles



20 overhead clench



20 raised arm circles

HAMMER

DAREBEE WORKOUT @ darebee.com

3 sets | 60 seconds rest between sets



10 hammer curls



10 tricep extensions



10 cross chops



6 shoulder press



6 upright rows



6 shrugs

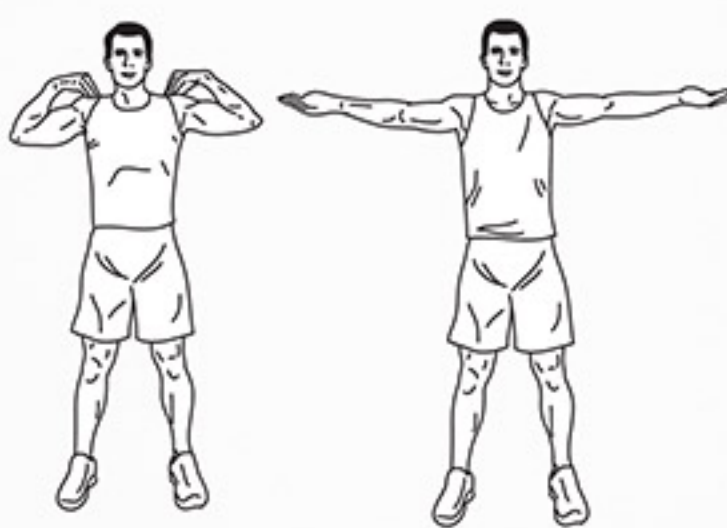
NO WRONG ANSWERS

DAREBEE WORKOUT @ darebee.com

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



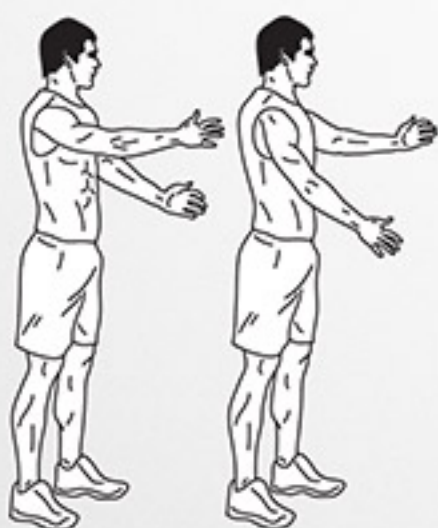
10 bicep extensions



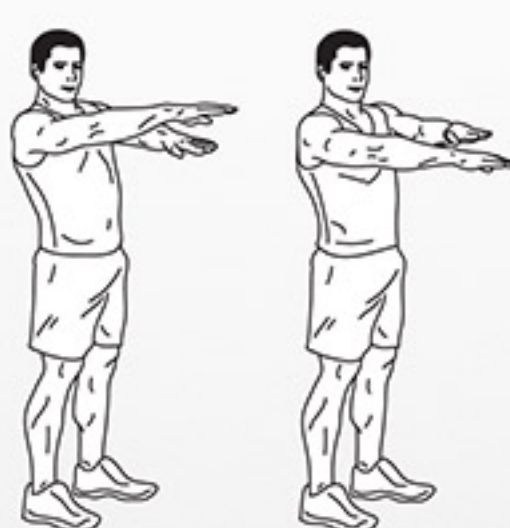
10 side shoulder taps



10 shoulder taps



10 scissor chops



10 arm scissors

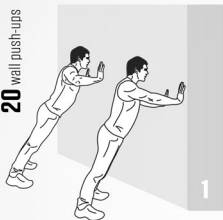


10 arm circles

Office **Push-Ups II**

DAREBEE WORKOUT @ darebee.com
Repeat 3 times with 1 minute rest in between.

20 wall push-ups



20 one-arm side wall push-ups



10 wall clapping push-ups



10 wall clapping push-ups
behind back

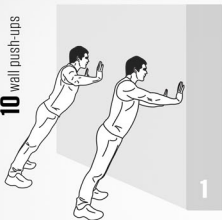


Office **Push-Ups**

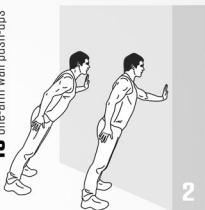
DAREBEE WORKOUT @ darebee.com

Repeat 3 times with 1 minute rest in between.

10 wall push-ups



10 one-arm wall push-ups



10 wall shoulder taps



10 one-arm side wall push-ups



Power 18

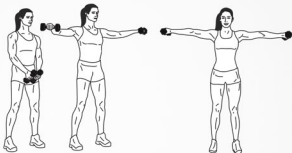
DAREBEE WORKOUT © darebee.com

Use comfortable weights for this routine.

Pick up heavier weights the moment it gets easier.



10 alt bicep curls
3 sets | 20 sec rest



5 lateral raises
3 sets | 20 sec rest

10-count hold
once



5 shoulder presses
3 sets | 20 sec rest



10 tricep extensions
3 sets | 20 sec rest



10 upright rows
3 sets | 20 sec rest

POWER PUMP

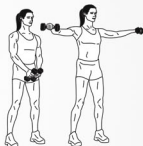
DAREBEE WORKOUT © darebee.com



12 bicep curls x 5 sets
60sec rest between sets



8 upright rows x 5 sets
60sec rest between sets



8 lateral raises x 5 sets
60sec rest between sets



8 shoulder press x 5 sets
60sec rest between sets



8 bent over raises x 5 sets
60sec rest between sets

strong **core**

DAREBEE WORKOUT © darebee.com



10 side bridges



10 plank rolls



10 plank leg raises



10 side bridges



10 plank rolls



10 seagulls



10 side bridges



10 plank rolls



10 plank crunches

stronger arms

DAREBEE WORKOUT @ darebee.com

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10-count hold



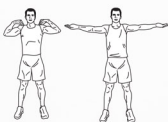
20 bicep extensions



10-count hold



10-count hold



20 side shoulder taps



10-count hold



10-count hold



20 shoulder taps



10-count hold

triceps

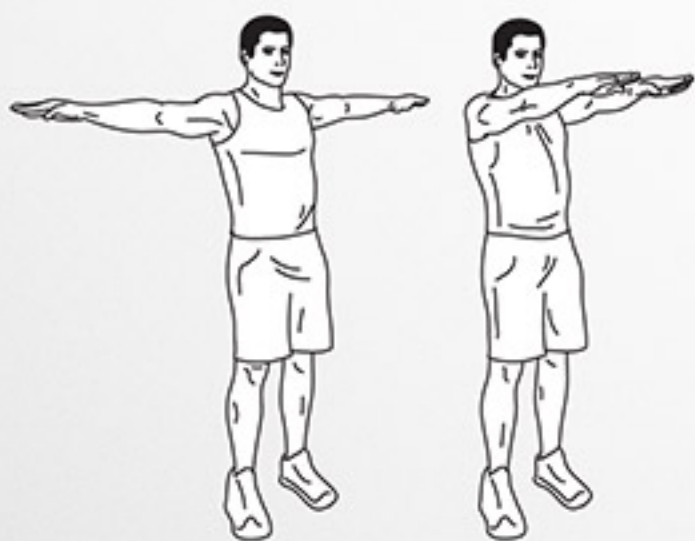
WORKOUT BY DAREBEE @ darebee.com
repeat 3 times in total | 2 minutes rest in between



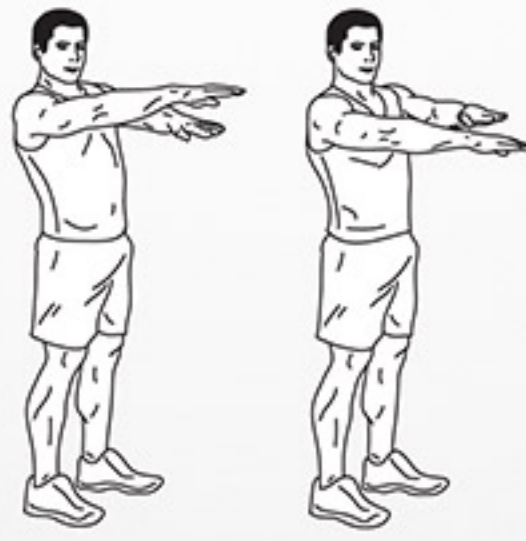
10 tricep dips



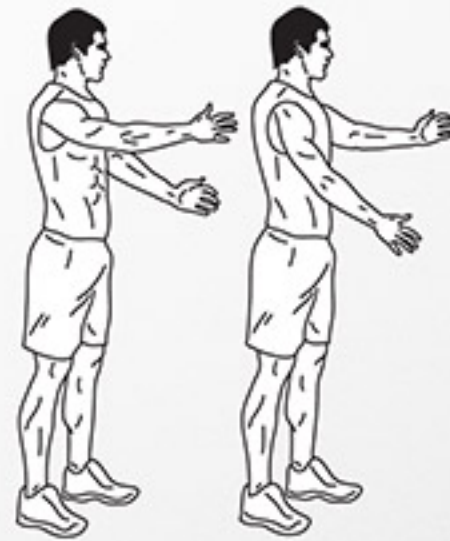
10 raised arm circles



10 arm extensions



10 arm scissors



10 scissor chops