

chest & shoulders

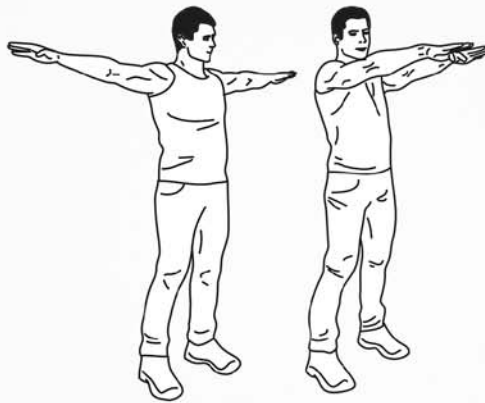
LIGHT

DAREBEE WORKOUT © darebee.com

repeat 3 times with 1 minute rest in between



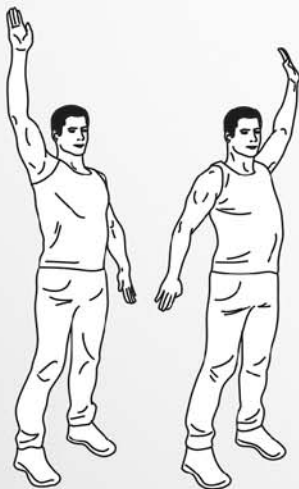
20sec raised arm hold



20 chest expansions



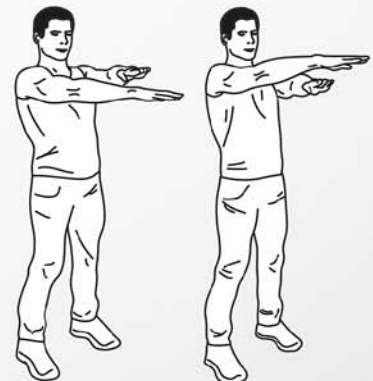
20sec raised arm hold



20 alt chest expansions



20sec raised arm hold



20 arm scissors