

I Am THE STORM

DAREBEE WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



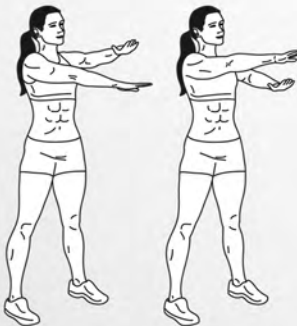
20sec raised arms hold



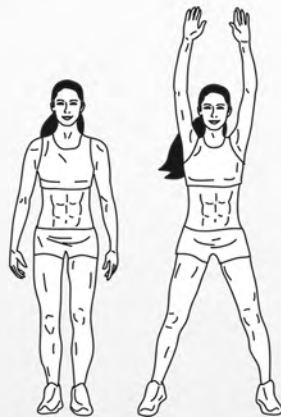
20sec raised arm circles



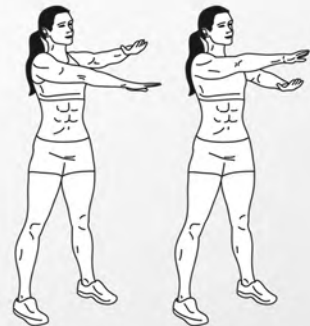
20sec raised arms hold



20sec arm scissors



20sec jumping jacks



20sec arm scissors