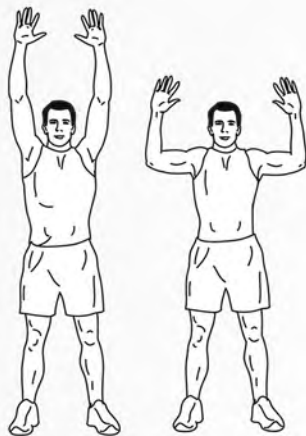


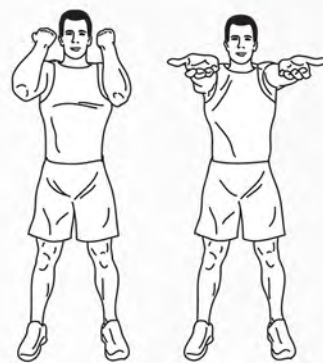
vortex

DAREBEE WORKOUT @ darebee.com

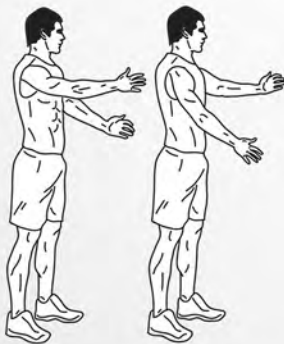
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



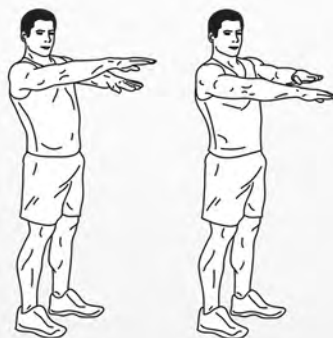
20 standing W-extensions



20 bicep extensions



20 scissor chops



20 arm scissors



20 raised arm circles