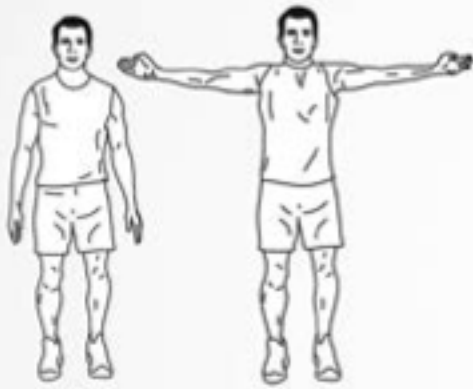


DOUBLE

UP

DAREBEE WORKOUT © darebee.com
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets
REST up to 2 minutes



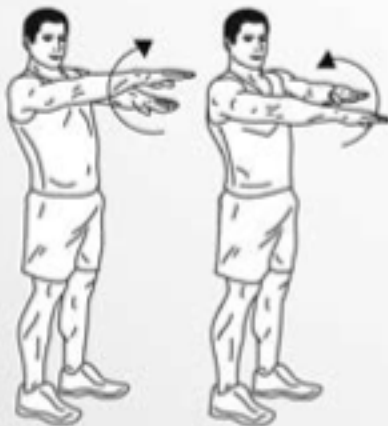
20 side arm raises



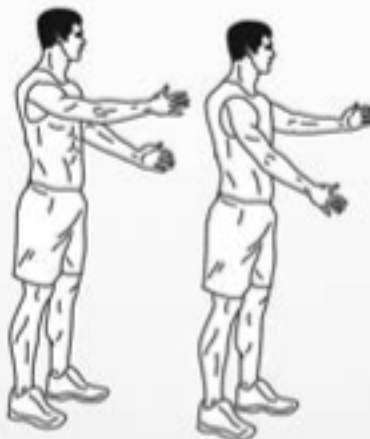
20 raised arm circles



20-count arm hold



20 fast scissors



20 scissor chops



20-count arm hold