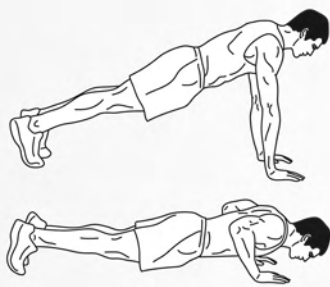


# Arm Day

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

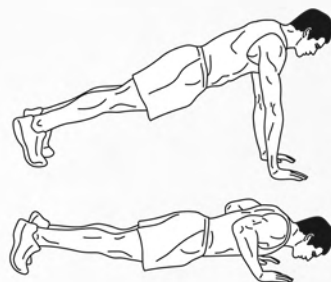
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



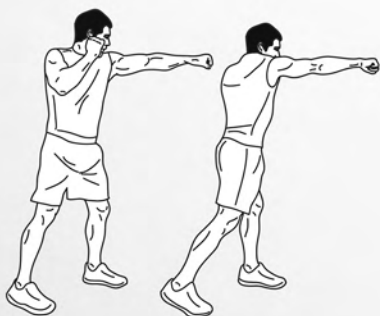
**15** push-ups



**15-count** push-up hold



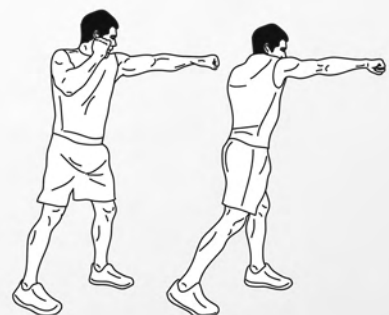
**15** push-ups



**30** punches



**30** overhead punches



**30** punches