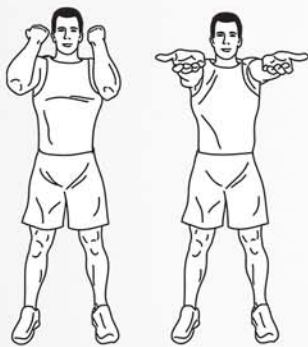


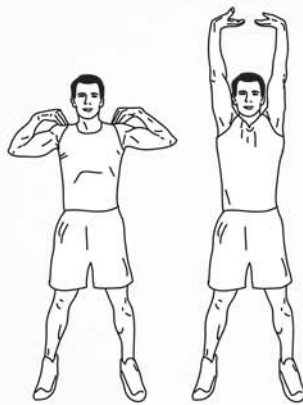
# upperbody works

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

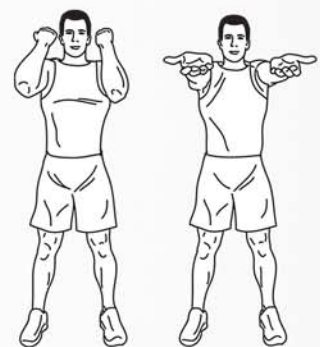
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



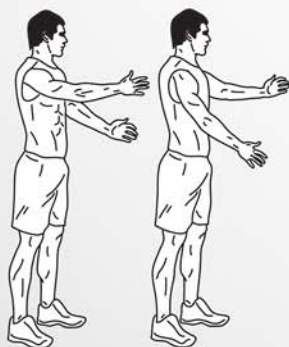
**20** bicep extensions



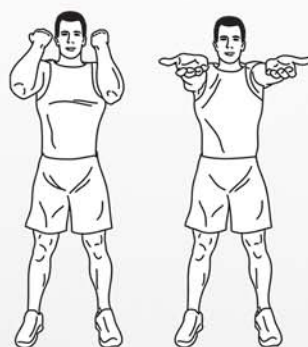
**20** standing shoulder taps



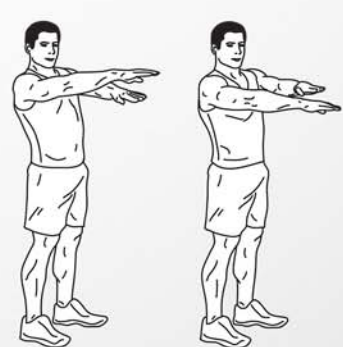
**20** bicep extensions



**20** scissors chops



**20** bicep extensions



**20** arm scissors