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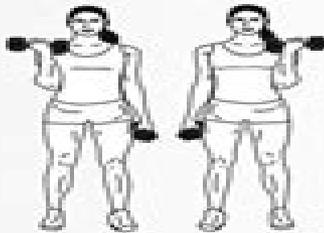
DAREBEE WORKOUT
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Level I 3 sets

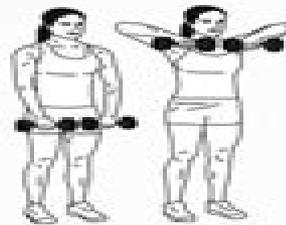
Level II 4 sets

Level III 5 sets

2 minutes rest



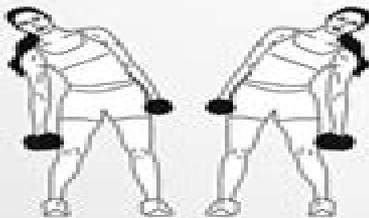
20 alternating bicep curls



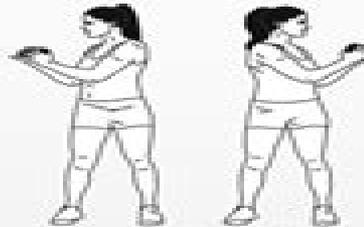
10 upright rows



10 alternating shoulder press



10 side bends



10 core twists



20 tricep extensions

Tone Workout

Sebastian Brünink



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