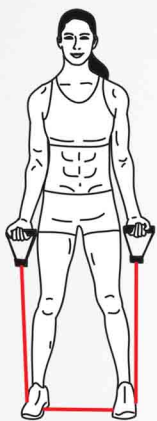


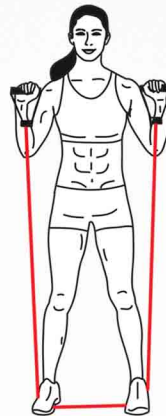
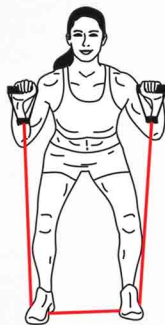
# BAND *it*

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

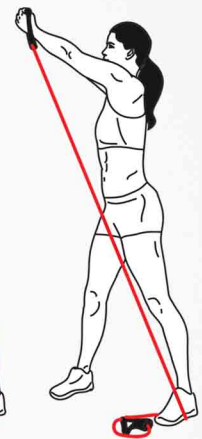
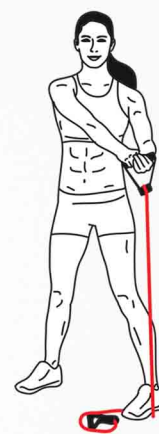
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



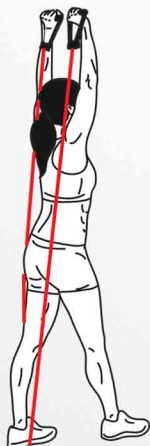
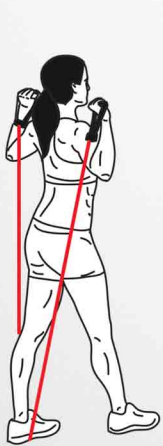
**10** bicep curls



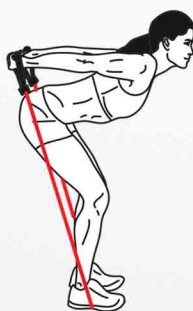
**10** squats



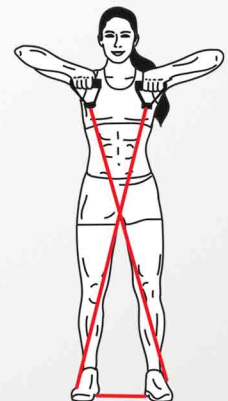
**10** cross body reach



**5** shoulder stretch



**10** tricep extensions



**5** upright rows