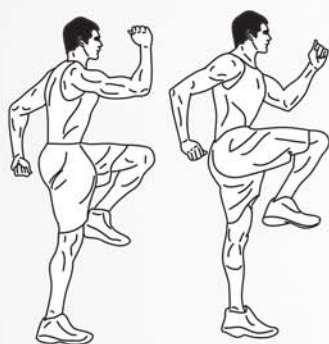


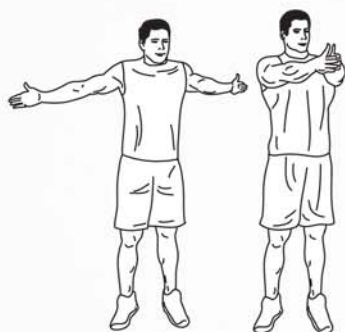
# Mr Grumpy

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

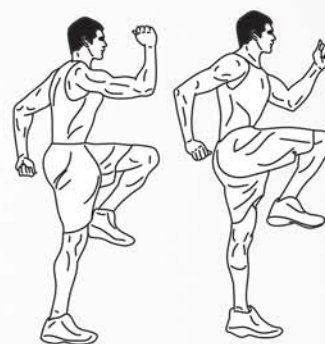
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



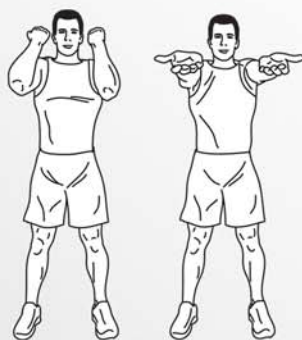
**20** march steps



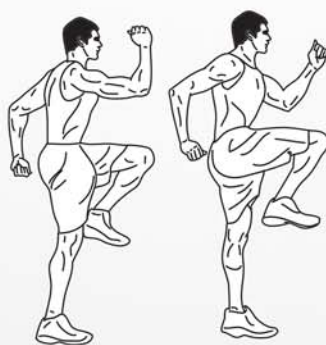
**20** chest expansions



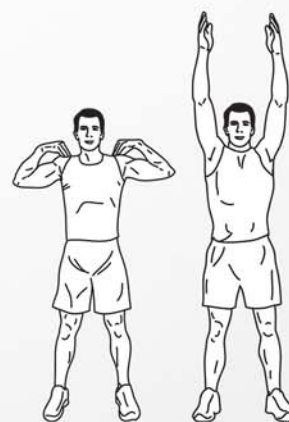
**20** march steps



**20** bicep extensions



**20** march steps



**20** shoulder taps