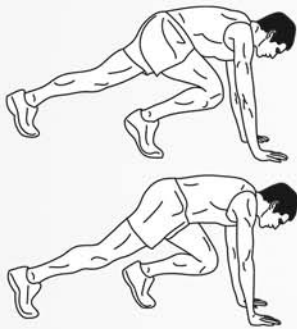


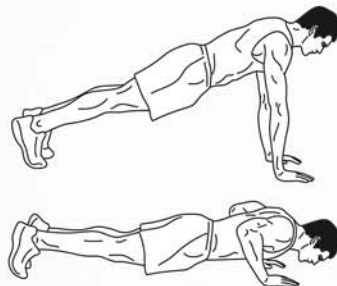
THE CLIMBER

DAREBEE WORKOUT @ darebee.com

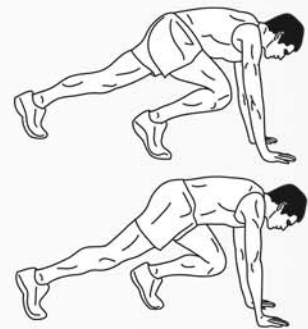
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



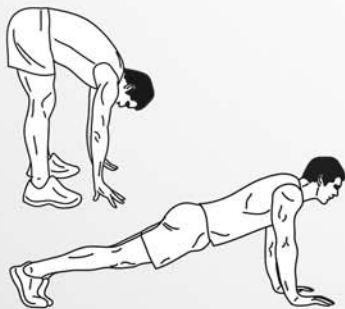
20 climbers



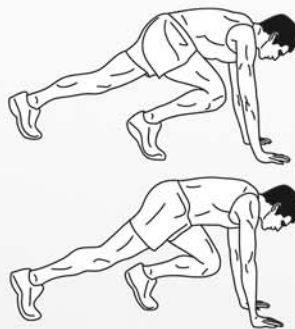
4 push-ups



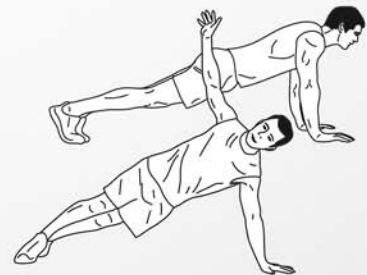
20 climbers



4 plank walk-outs



20 climbers



4 plank rotations