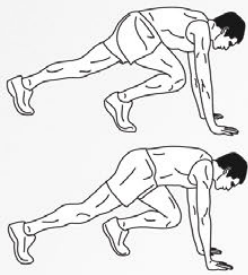


# ICE AGE

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

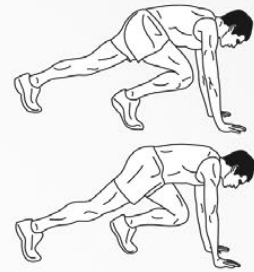
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** climbers



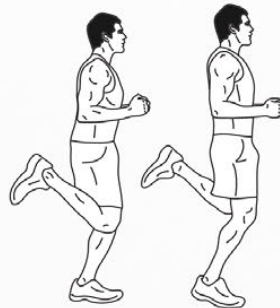
**10** high knees



**10** climbers



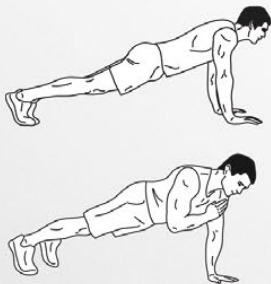
**10** high knees



**10** butt kicks



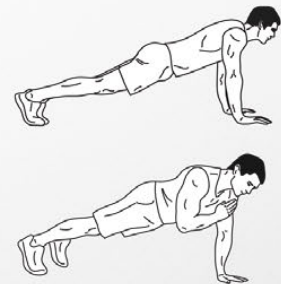
**10** high knees



**10** shoulder taps



**10** high knees



**10** shoulder taps