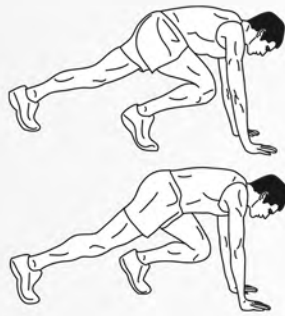


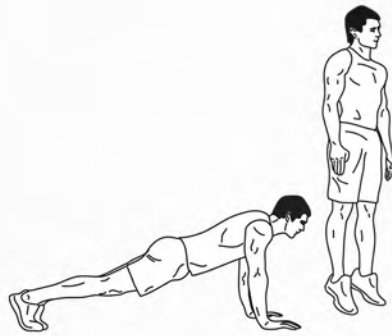
# MONKEYY!

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

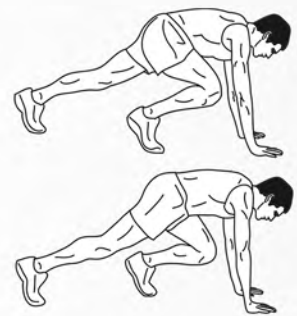
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



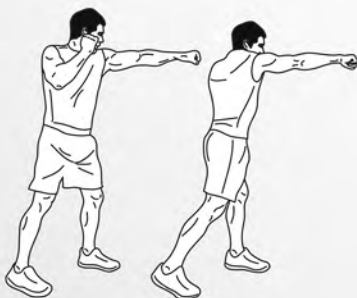
**10** climbers



**10** basic burpees



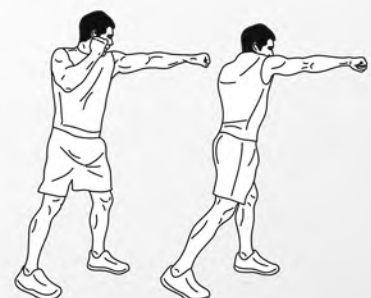
**10** climbers



**20** punches



**20** side kicks



**20** punches