

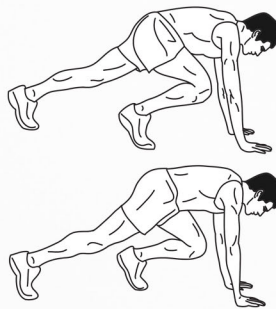
UNCAGED TIGER

DAREBEE WORKOUT @ darebee.com

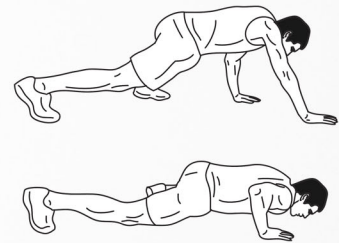
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



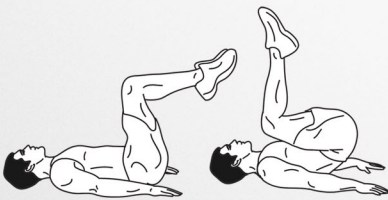
20 high knees



20 climbers



6 dragon push-ups



6 reverse crunches



6 get-ups



20 high knees