

# TIGER, TIGER

DAREBEE WORKOUT

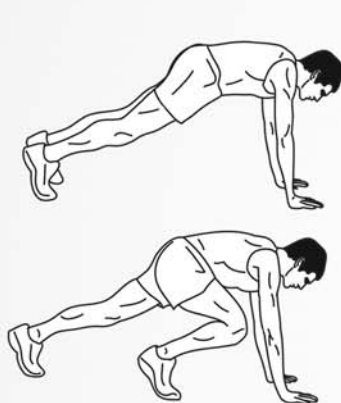
[@ darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

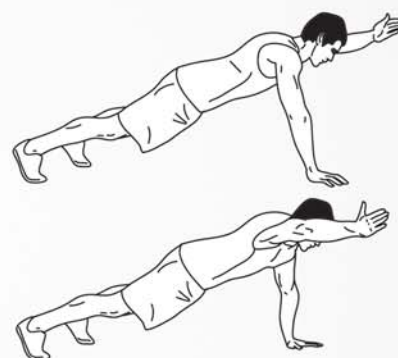
REST up to 2 minutes



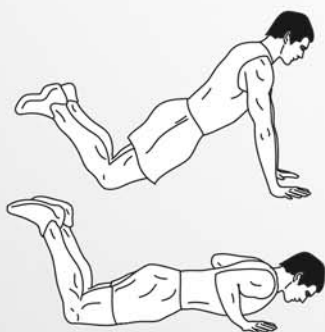
**20** slow climbers



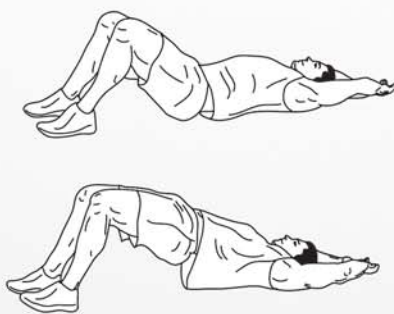
**10** squats



**20** plank arm raises



**5** knee push-ups



**10** bridges



**10** lunges