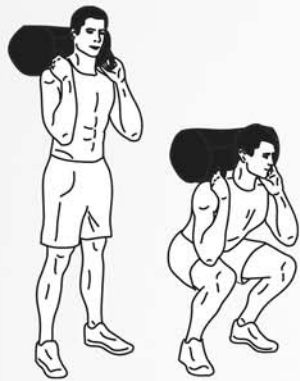


# CAVEMAN

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

2 minutes rest between exercises



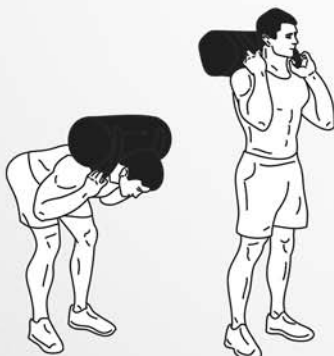
**12** squats  
**x 3 sets** in total  
20 seconds rest



**12** uneven push-ups  
**x 3 sets** in total  
20 seconds rest



**8** upright rows  
**x 3 sets** in total  
20 seconds rest



**8** deadlifts  
**x 3 sets** in total  
20 seconds rest



**12** knee-ins & twist  
**x 3 sets** in total  
20 seconds rest



**2 minutes**  
elbow plank hold  
once