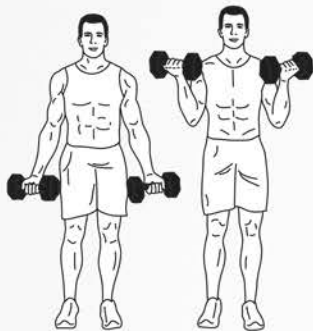


WELCOME TO THE JUNGLE

DAREBEE WORKOUT © darebee.com
30 seconds rest between sets

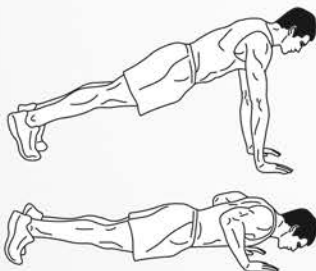


SET 1

20 bicep curls
2 push-ups
20 high knees

SET 2

18 bicep curls
3 push-ups
18 high knees



SET 3

16 bicep curls
4 push-ups
16 high knees

SET 4

14 bicep curls
5 push-ups
14 high knees



SET 5

12 bicep curls
6 push-ups
12 high knees

SET 6

10 bicep curls
7 push-ups
10 high knees

SET 7

8 bicep curls
8 push-ups
8 high knees