

# WELCOME TO THE JUNGLE

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