

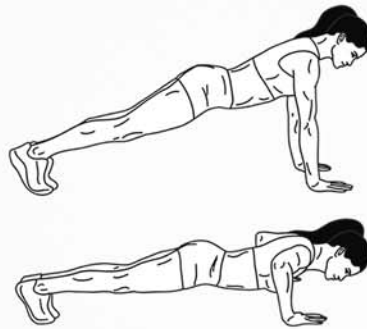
# wildcat

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

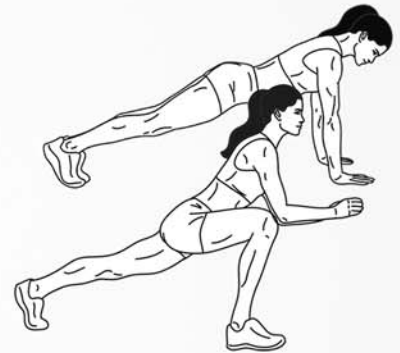
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**20** climbers



**10** push-ups



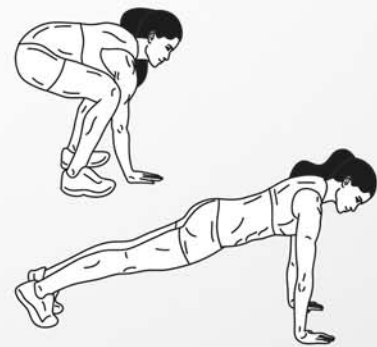
**20** plank into lunges



**10** jump squats



**20** sit-outs



**10** plank walk-outs