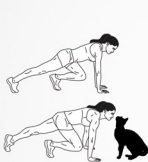


# cat girl

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

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



20 climbers



20 knee in & out



20 shoulder taps



10 basic burpees