

Cheeky Monkey

DAREBEE WORKOUT
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Level I 3 sets

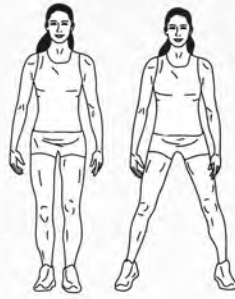
Level II 5 sets

Level III 7 sets

2 minutes rest



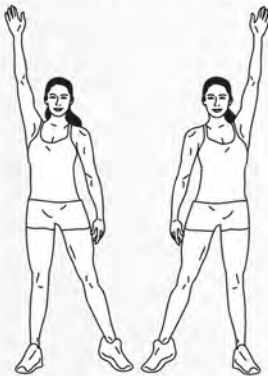
10 knee-to-elbows



10 half jacks



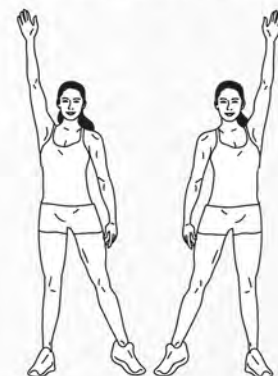
10 knee-to-elbows



10 step jacks



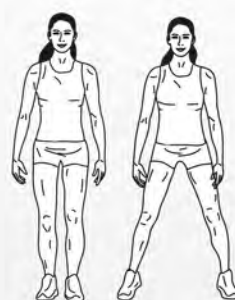
10 knee-to-elbows



10 step jacks



10 knee-to-elbows



10 half jacks



10 knee-to-elbows