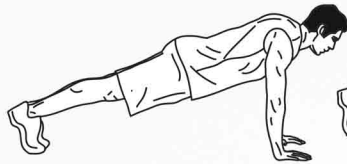
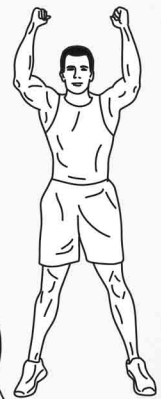
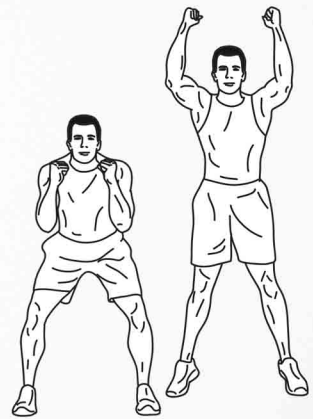
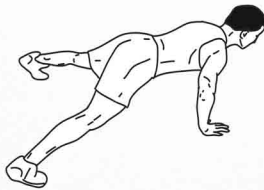


MONKEYD

TRIBUTE WORKOUT by [@darebee.com](https://darebee.com)
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
REST up to 2 minutes



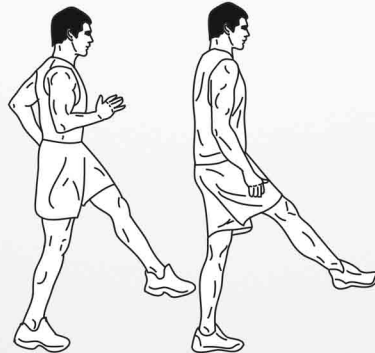
10 burpees



10 side-to-side jumps

10 plank jacks

10 jumps



20 punches

20 straight leg bounds

20 uppercuts