

ROGUE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 combos: hop heel click + floor tap heel click

6 jump squats



6 combos: push-up + palm strikes (each hand)

10 knee strikes



10 crunch kicks

10 half windshield wipers

10 bridges