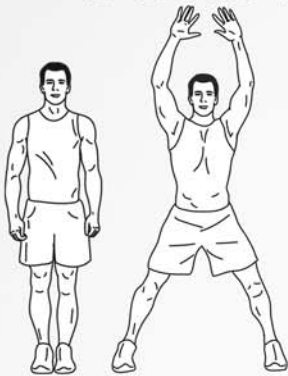


CHRISTMAS ROCKOUT

DAREBEE WORKOUT @ darebee.com

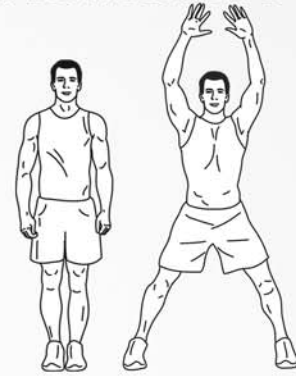
5 sets before lunch | 2 minutes rest between sets



10 jumping jacks



6 knee-to-elbows



10 jumping jacks



10 high knees



6 knee-to-elbows



10 high knees



10 squats



6 knee-to-elbows



10 squats