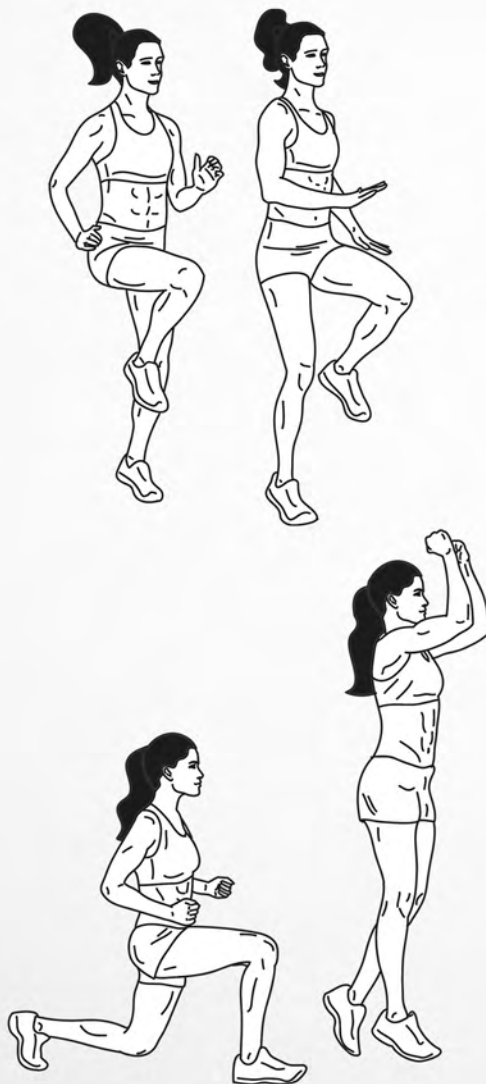


Rascal

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



10 high knees

2 jumping lunges

10 high knees

2 jumping lunges

10 high knees

2 jumping lunges

10 high knees

2 jumping lunges

10 high knees

2 jumping lunges

done