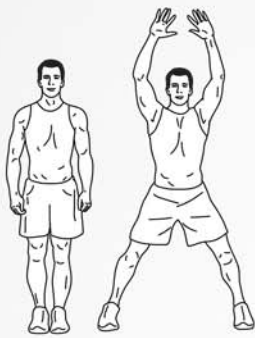


ROCKSTAR

DAREBEE **HIT** WORKOUT @ darebee.com

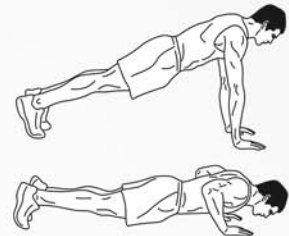
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



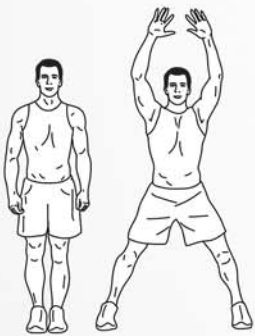
30sec jumping jacks



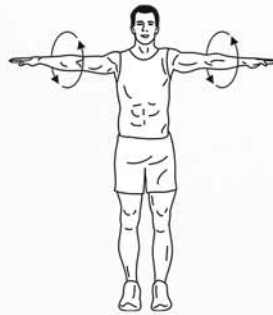
20sec high knees



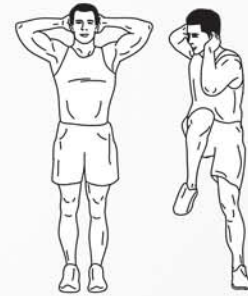
10sec push-ups



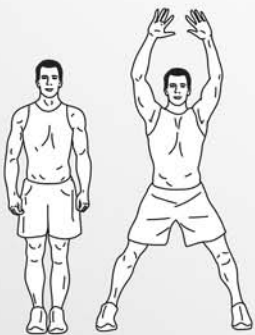
30sec jumping jacks



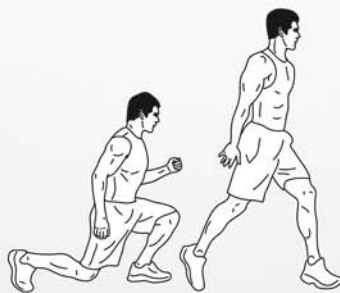
20sec arm circles



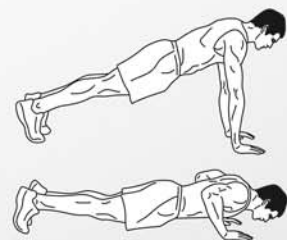
10sec knee-to-elbow



30sec jumping jacks



20sec jumping lunges



10sec push-ups