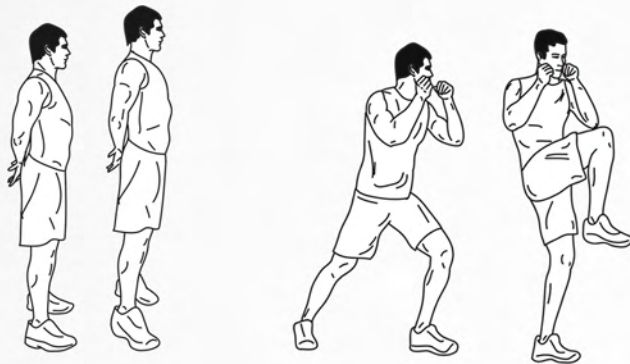


ROGUE ASSASSIN

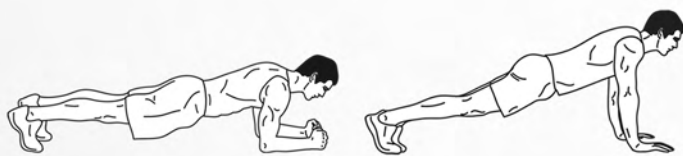
DAREBEE WORKOUT @ darebee.com

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



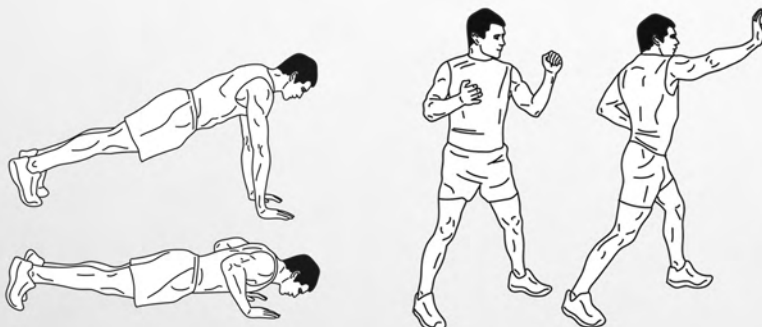
10 calf raises

40 knee strikes (20/20)



10-count elbow plank hold

20-count plank hold



10 push-ups

40 palm strikes (20 /20)