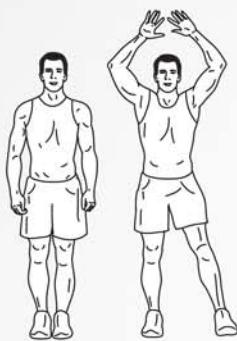


ROOKIE

DAREBEE WORKOUT @ darebee.com

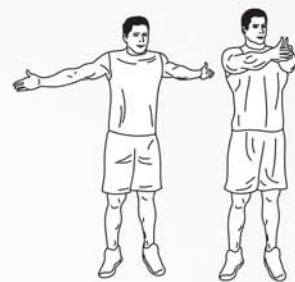
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



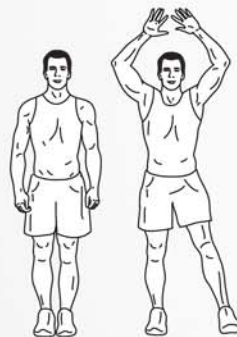
10 step jacks



4 lunges



20 chest expansions



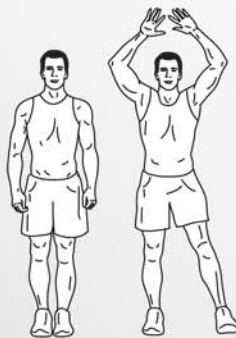
10 step jacks



4 lunges



20 raised arm circles



10 step jacks



4 lunges



20 shoulder taps