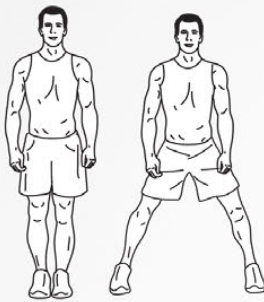


Rocking Around

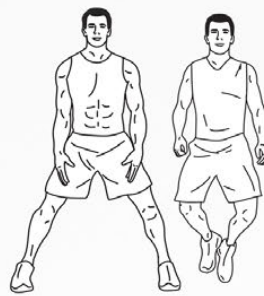
DAREBEE WORKOUT

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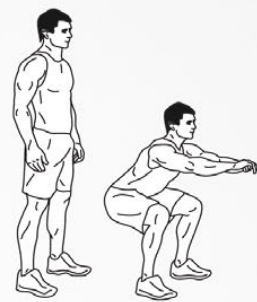
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



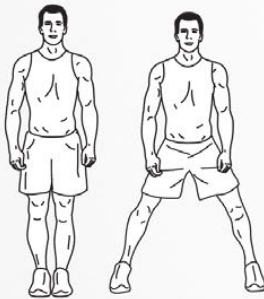
10 half jacks



2 hop heel clicks



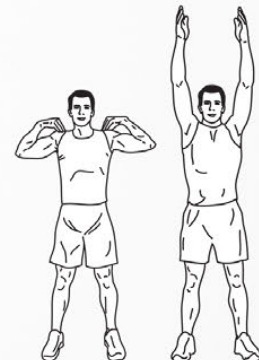
2 squats



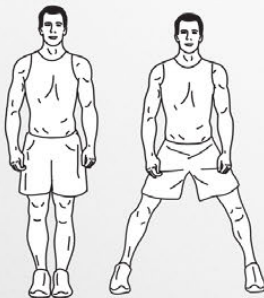
10 half jacks



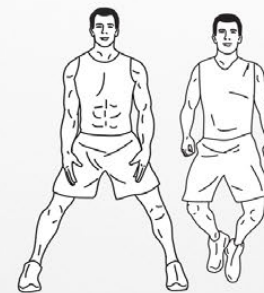
2 hop heel clicks



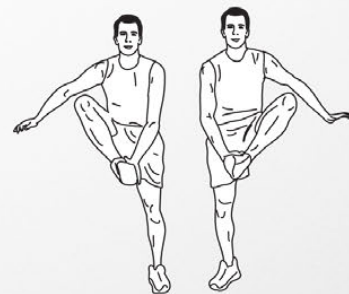
10 shoulder taps



10 half jacks



2 hop heel clicks



2 hop heel taps