

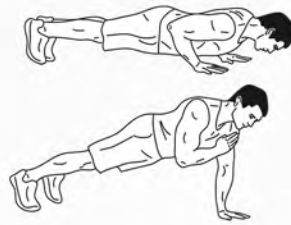
ROGUE BUILD

DAREBEE WORKOUT @ darebee.com

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



20 side kicks



10 push-up shoulder taps



20 side kicks



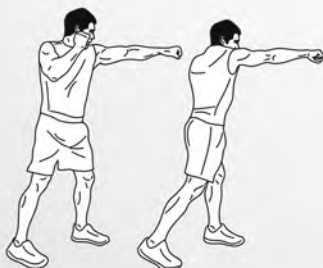
10 shoulder taps



10-count plank hold



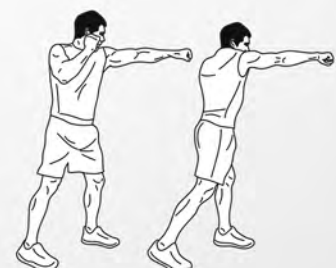
10 shoulder taps



20 punches



10 push-up shoulder taps



20 punches