

ROGUE QUEEN

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

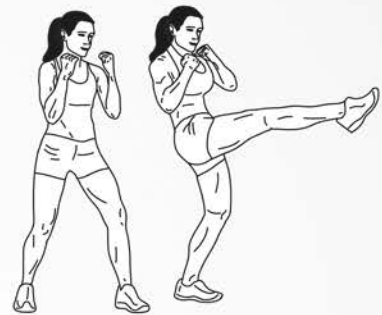
REST up to 2 minutes



10 knee strikes



20 elbow strikes



10 front kicks



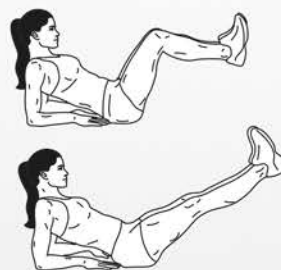
10 elbow strike sit-ups



10 reverse crunches



10 tricep dips



10 crunch kicks