

# ROGUE ONE



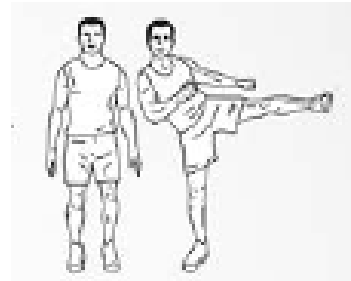
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



30 high knees



10 jumping jacks



10 side kicks



10 jump squats



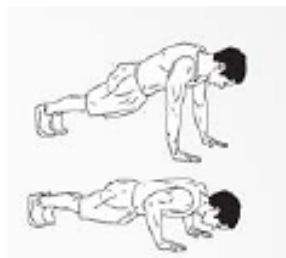
20 high punches



10 lunges



10 plank heel raises



10 push ups



15 high arm crunch