

100%

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec plank hold



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec high knees