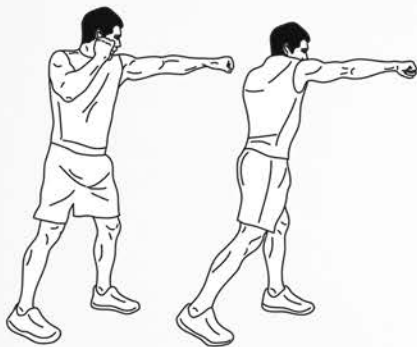


# 3-MINUTE WARRIOR

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

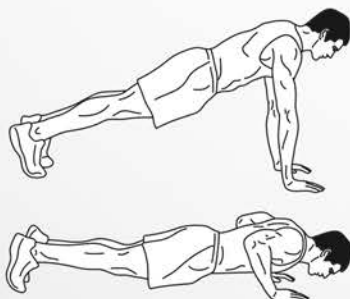
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



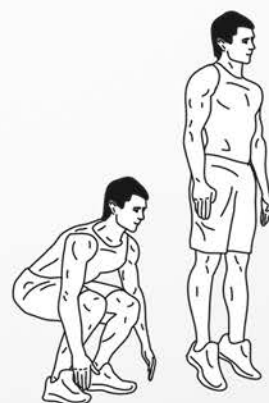
**60sec** punches



**60sec** side kicks



**30sec** push-ups



**30sec** jump squats