

# ACTION TIME

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

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



**20sec** basic burpees



**20sec** plank hold



**20sec** basic burpees



**20sec** plank hold



**20sec** elbow plank hold



**20sec** plank hold



**20sec** basic burpees



**20sec** plank hold



**20sec** basic burpees