

ADRENALINE RUSH

DAREBEE **HIT** WORKOUT

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Level I 3 sets Level II 5 sets Level III 7 sets
up to 2 minutes rest between sets



15sec jumping jacks



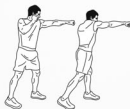
15sec push-ups



15sec basic burpees



15sec jumping jacks



15sec punches



15sec basic burpees



15sec jumping jacks



15sec push-ups



15sec basic burpees