

# AFTERBURN

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

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



**30sec** high knees



**10sec** jumping lunges



**30sec** punches



**30sec** high knees



**10sec** burpees



**30sec** punches



**30sec** high knees



**10sec** jump squats



**30sec** punches