

BEGINNER

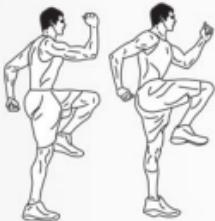
HIIT

DAREBEE WORKOUT

@ darebee.com

5 sets in total

2 minutes rest between sets



15sec march steps



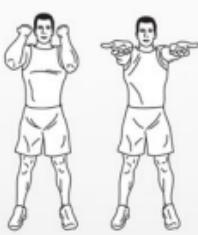
15sec high knees



15sec arm circles



15sec high knees



15sec bicep extensions



15sec high knees