

BETTER TOMORROW

DAREBEE **HIIT** WORKOUT @ darebee.com

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



30sec half jacks



10sec jumping lunges



30sec half jacks



30sec march steps



10sec high knees



30sec march steps



10sec calf raises



10sec jump squats



10sec calf raises