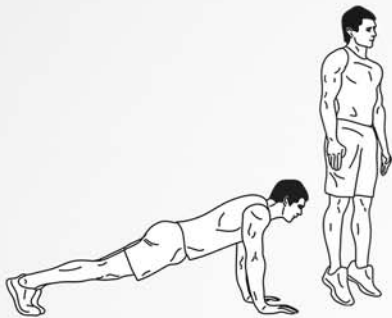


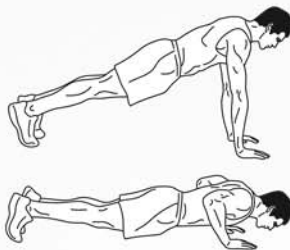
BoilerRoom

DAREBEE **HIIT** WORKOUT @ darebee.com

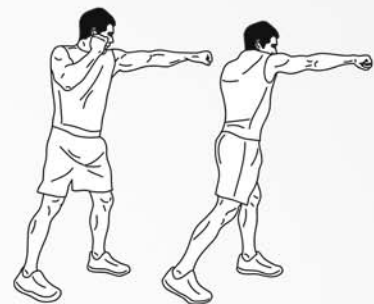
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



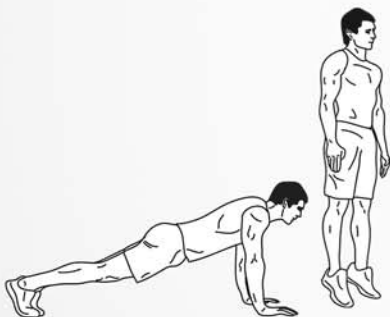
10sec basic burpees



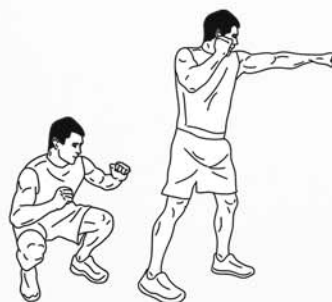
20sec push-ups



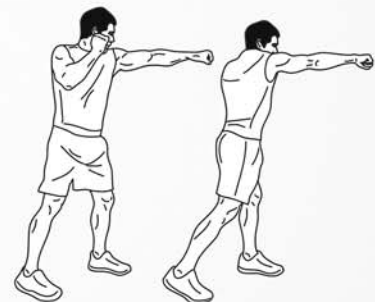
30sec jab + cross



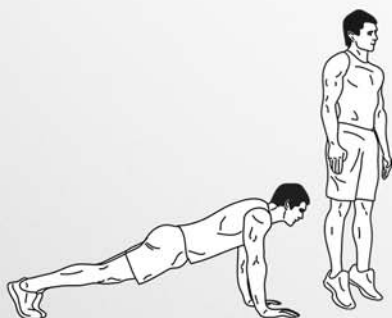
10sec basic burpees



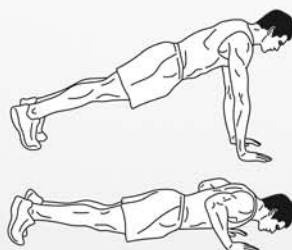
20sec squat + jab



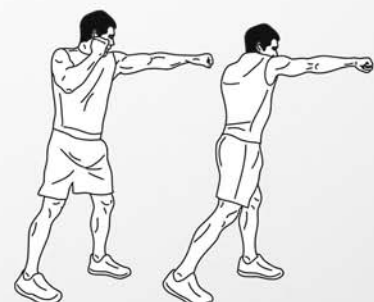
30sec jab + cross



10sec basic burpees



20sec push-ups



30sec jab + cross