

bulletproof **abs**

HIIT WORKOUT
BY DAREBEE
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Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



40sec high knees



20sec raised leg plank hold (left leg)



20sec raised leg plank hold (right leg)



40sec high knees



20sec side plank hold (left side)



20sec side plank hold (right side)



40sec high knees



20sec crunch hold



20sec raised leg hold