

# Cardio Dive

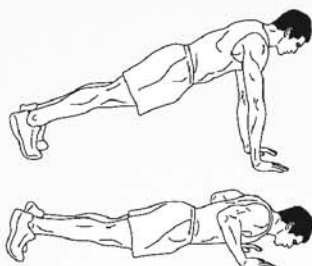
DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



**20sec** high knees



**20sec** push-ups



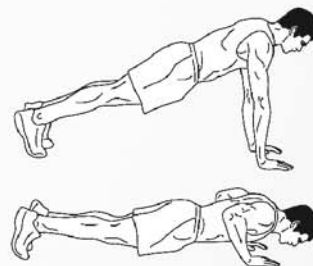
**20sec** high knees



**20sec** plank



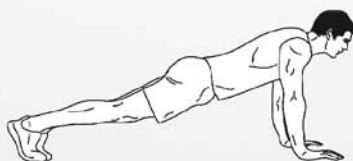
**20sec** high knees



**20sec** push-ups



**20sec** high knees



**20sec** plank



**20sec** high knees