

Cardio Pro

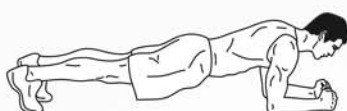
DAREBEE **HIIT** WORKOUT @ darebee.com

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

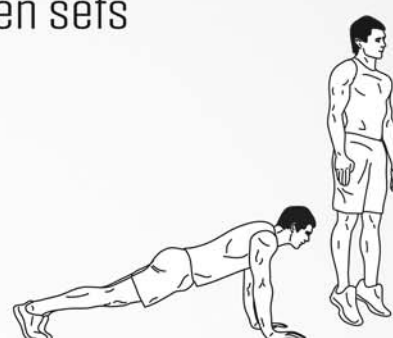
2 minutes rest rest between sets



30sec high knees



30sec elbow plank



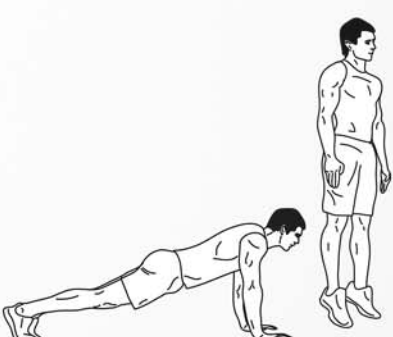
10sec basic burpees



30sec high knees



30sec raised leg plank



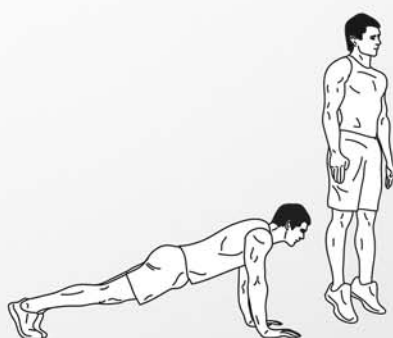
10sec basic burpees



30sec high knees



30sec side elbow plank



10sec basic burpees