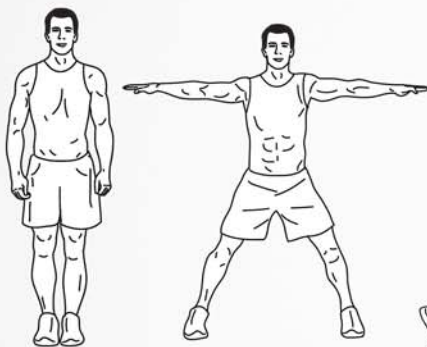


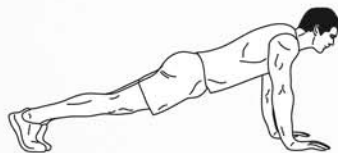
# THE CATCH

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

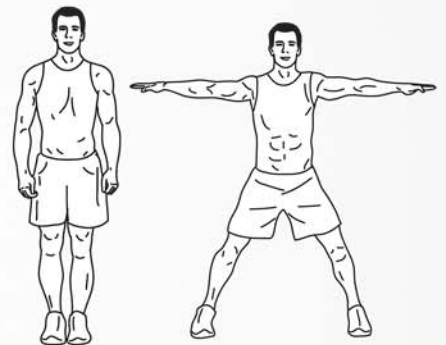
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**30sec** jumping Ts



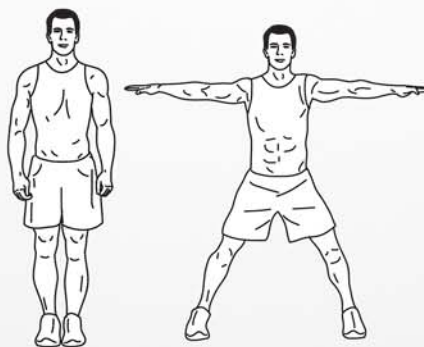
**30sec** plank



**30sec** jumping Ts



**30sec** alt arm/leg plank



**30sec** jumping Ts



**30sec** one-arm side plank