

CHASER

DAREBEE **HIIT** WORKOUT © darebee.com

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



20sec high knees



20sec side-to-side jumps



20sec high knees



20sec butt kicks



20sec split jacks



20sec butt kicks



20sec high knees



20sec sprinter lunges



20sec high knees