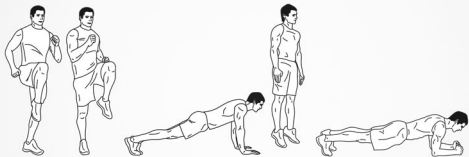


CHISEL

DAREBEE **HIIT** WORKOUT @ darebee.com

EXPRESS

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



20sec high knees

10sec basic burpees

20sec high knees

10sec basic burpees

20sec high knees

10sec basic burpees

30sec elbow plank