## GLEAN SWEEP

## HIIT WORKOUT BY DAREBEE C darebee.com

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



**10sec** jumping lunges



**40sec** punches



10sec jumping lunges



**10sec** push-ups



**40sec** punches



10sec push-ups



10sec jumping lunges



40sec punches



10sec jumping lunges