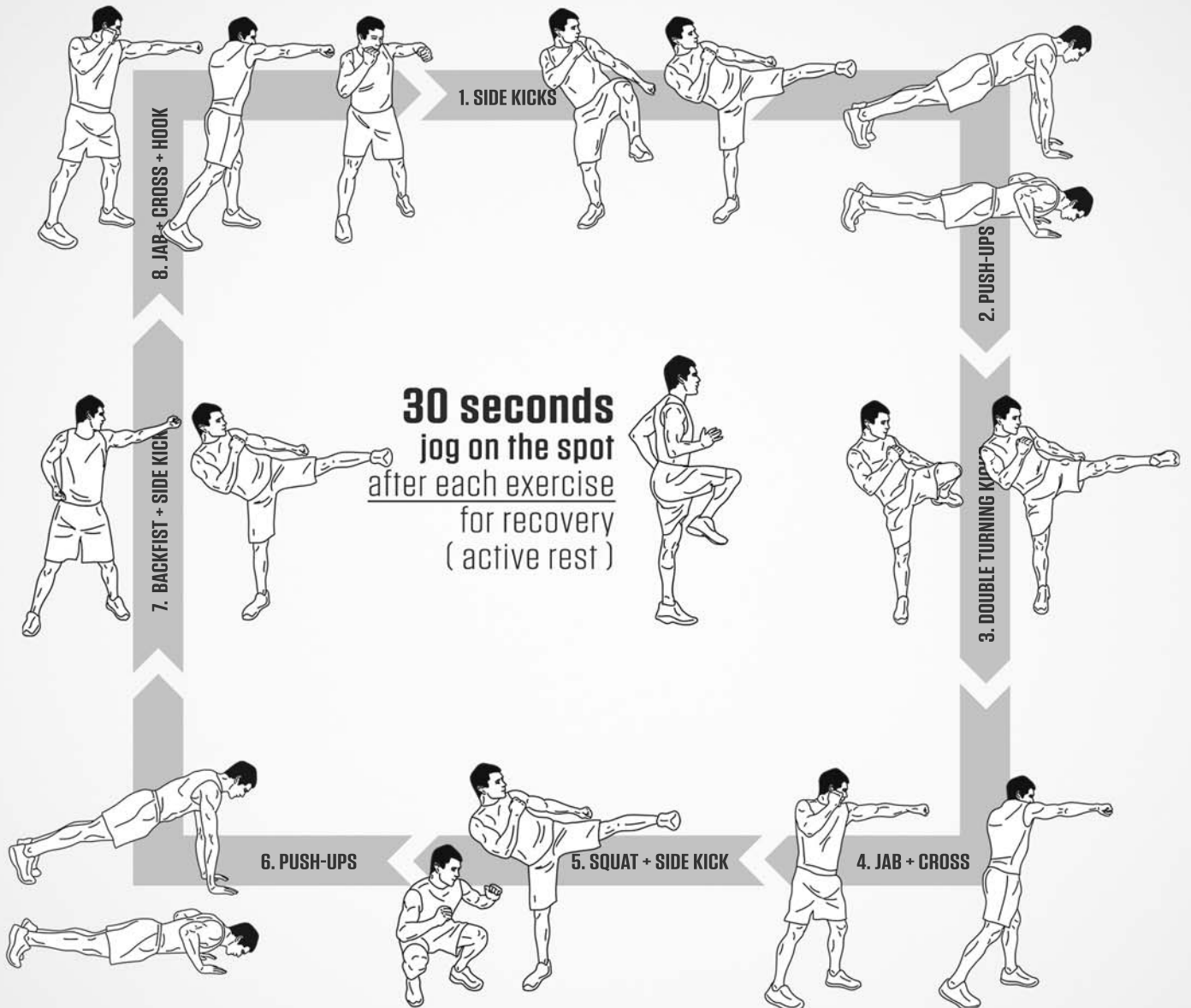


CLIPPER

FULL CIRCUIT **HIIT** WORKOUT @ darebee.com



 **20**
seconds

WARM-UP

I **25**
seconds

ROUND 1

II **30**
seconds

ROUND 2

III **35**
seconds

ROUND 3

EC **20**
seconds

BONUS ROUND