

COOH

DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



20sec jumping jacks



20sec plank hold



20sec jumping jacks



20sec plank hold



20sec basic burpees



20sec plank hold



20sec jumping jacks



20sec plank hold



20sec jumping jacks