

# core script

DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

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

2 minutes rest between sets



**20sec** high knees



**20sec** elbow plank



**20sec** high knees



**20sec** side plank (left)



**20sec** high knees



**20sec** side plank (right)



**20sec** high knees



**20sec** raised leg elbow plank



**20sec** high knees