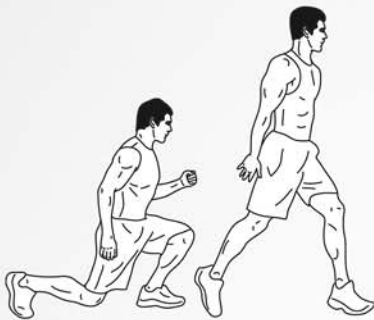


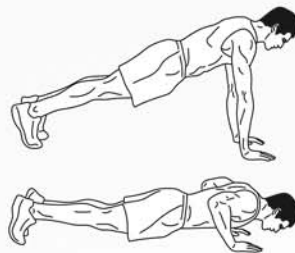
# CURSOR

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

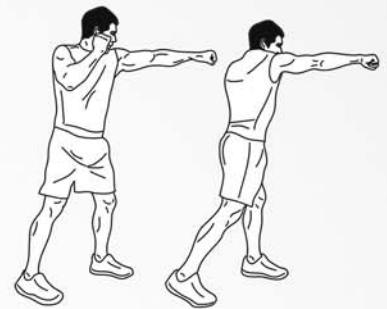
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



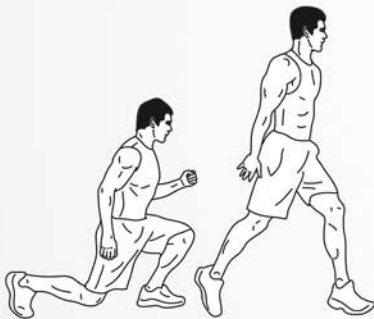
**10sec** jumping lunges



**10sec** push-ups



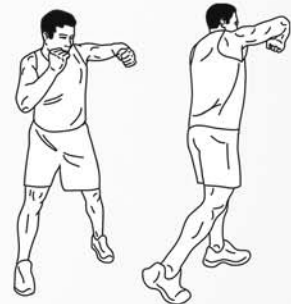
**40sec** punches



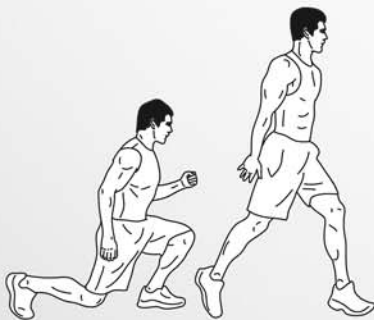
**10sec** jumping lunges



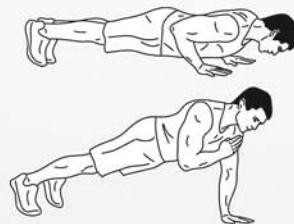
**10sec** judo push-ups



**40sec** hooks



**10sec** jumping lunges



**10sec** push-up + shoulder tap



**40sec** uppercuts