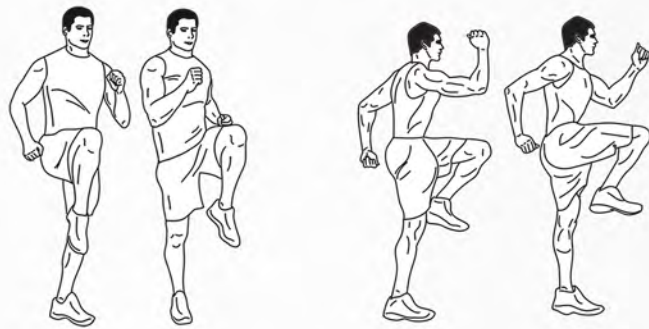


DAMAGE CONTROL

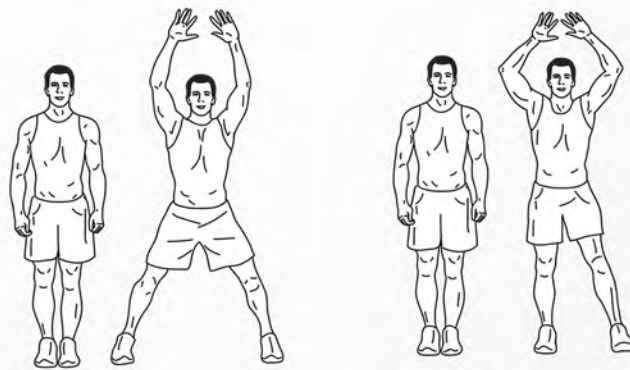
DAREBEE **HIIT** WORKOUT @ darebee.com

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

10sec high knees
10sec march steps
repeat 3 times in total



10sec jumping jacks
10sec step jacks
repeat 3 times in total



10sec hops on the spot
10sec side-to-side hops
repeat 3 times in total

