

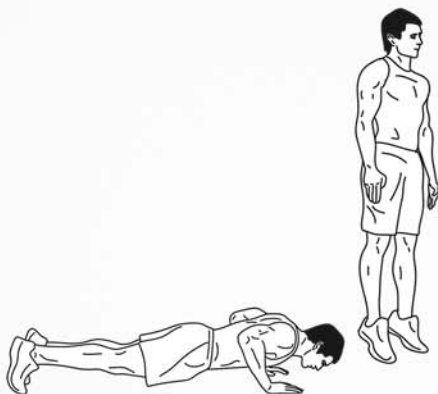
# DEATHWISH

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

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



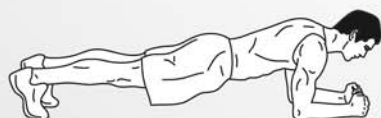
**30sec** high knees



**30sec** burpees



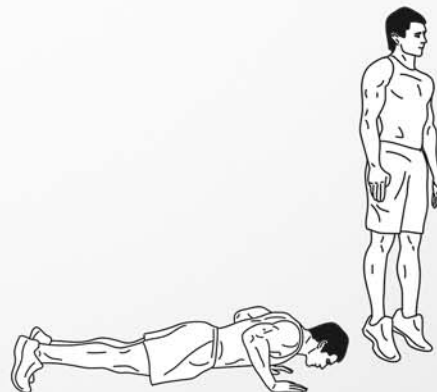
**30sec** high knees



**30sec** elbow plank



**30sec** high knees



**30sec** burpees