

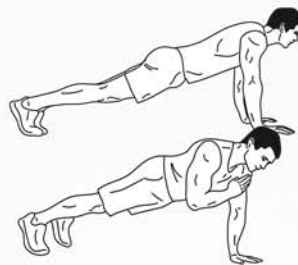
# DIFFUSER

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

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



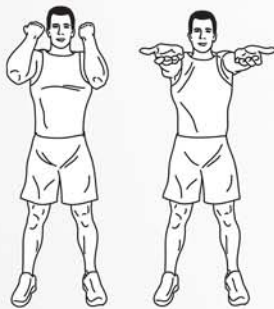
**20sec** high knees



**20sec** shoulder taps



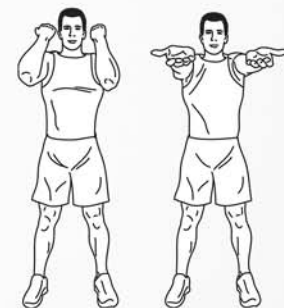
**20sec** high knees



**20sec** bicep extensions



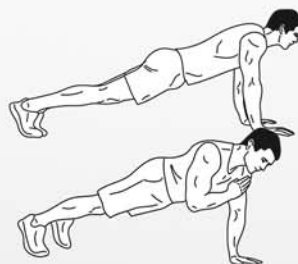
**20sec** high knees



**20sec** bicep extensions



**20sec** high knees



**20sec** shoulder taps



**20sec** high knees