

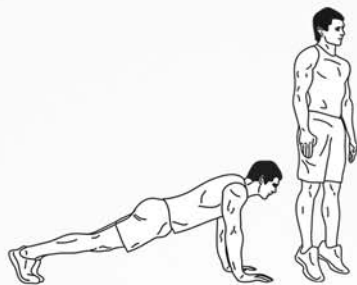
# EPIC DASH

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 rest



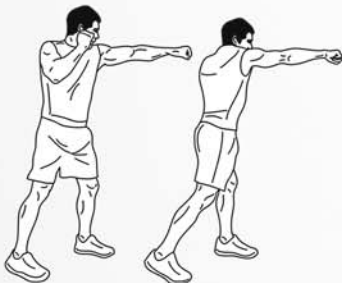
**20sec** high knees



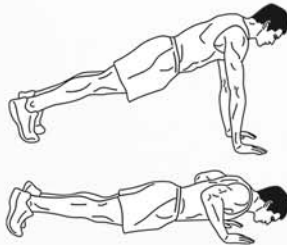
**10sec** basic burpees



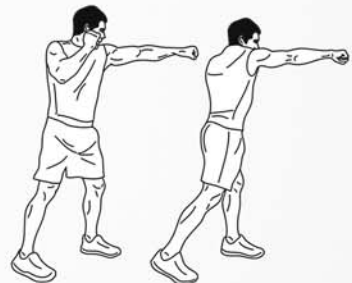
**20sec** high knees



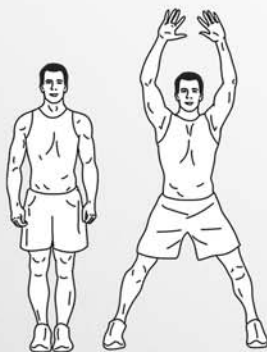
**20sec** punches



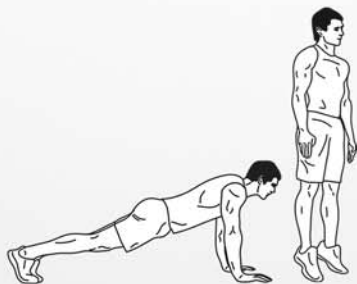
**10sec** push-ups



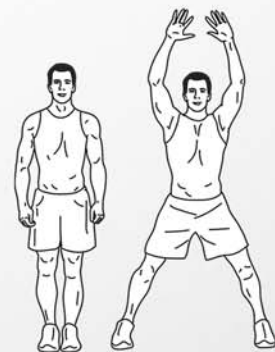
**20sec** punches



**20sec** jumping jacks



**10sec** basic burpees



**20sec** jumping jacks