

epic HIIT

DAREBEE WORKOUT @ darebee.com

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



20sec jumping jacks



20sec knee-to-elbow



20sec half jacks



20sec jumping lunges



20sec high knees



20sec jump squats



20sec climbers



20sec plank rotations



20sec basic burpees