

# EXTREME HIIT

DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)

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



**20sec** high knees



**20sec** push-ups



**20sec** burpees



**20sec** jump squats



**20sec** push-ups



**20sec** hold



**20sec** jumping lunges



**20sec** push-ups



**20sec** pull-ups