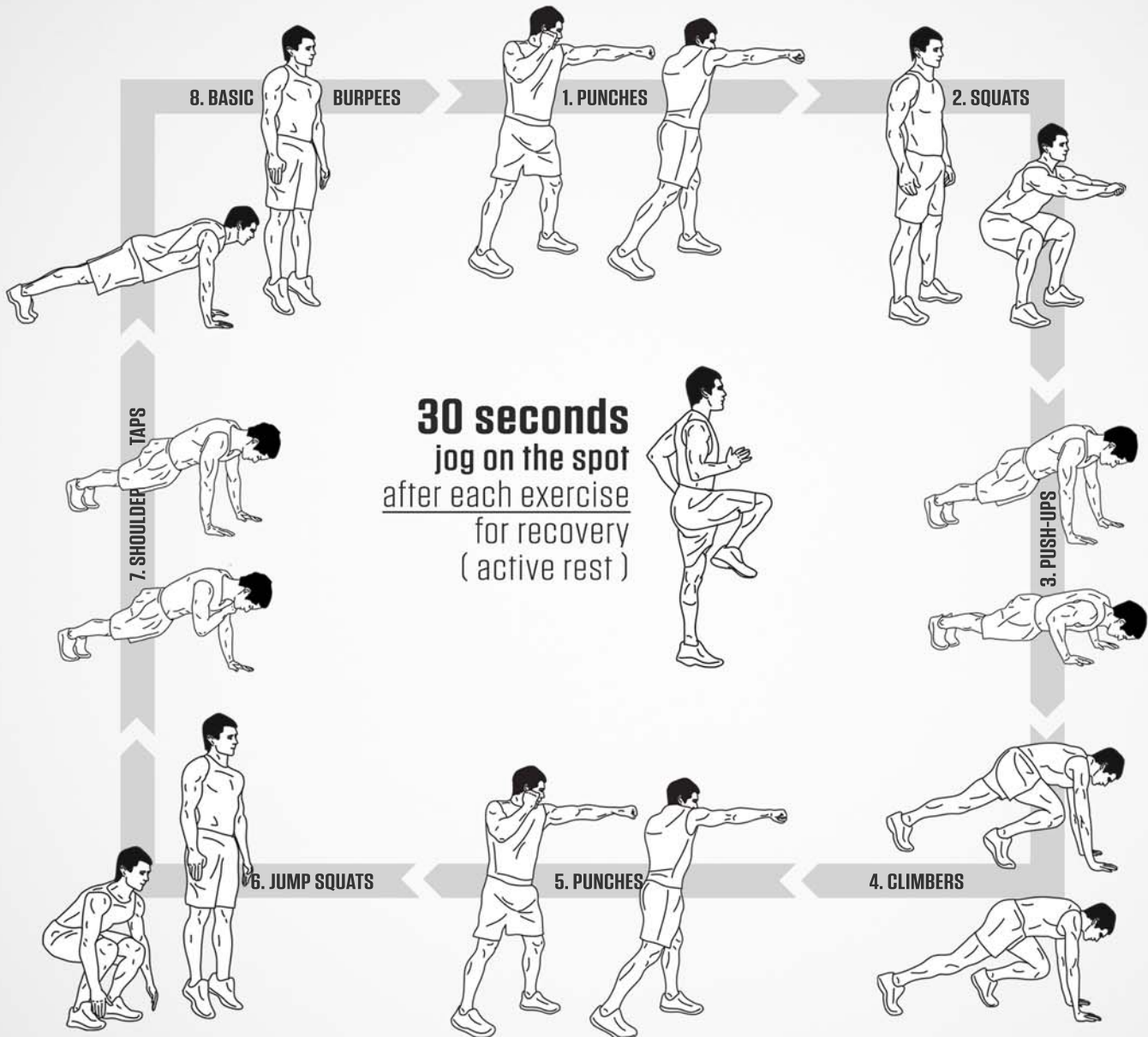


# GRINDER

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



 **15**  
seconds

**WARM-UP**

**I** **20**  
seconds

**ROUND 1**

**II** **25**  
seconds

**ROUND 2**

**III** **30**  
seconds

**ROUND 3**

**EC** **15**  
seconds

**BONUS ROUND**