

To Hell & Back

HIIT WORKOUT

BY DAREBEE

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Level I 3 sets

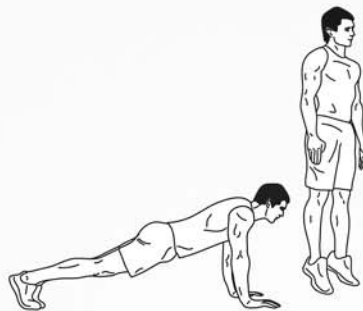
Level II 5 sets

Level III 7 sets

2 minutes rest



30sec high knees



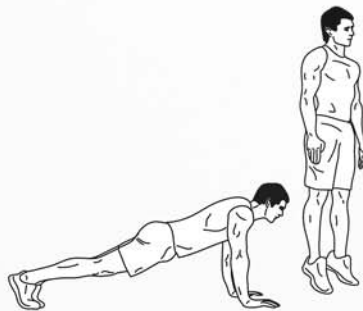
10sec basic burpees



20sec elbow plank



30sec high knees



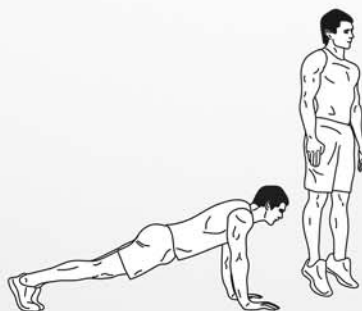
10sec basic burpees



20sec raised leg plank



30sec high knees



10sec basic burpees



20sec side elbow plank