

HELL-FORGED

DAREBEE **HIIT** WORKOUT © darebee.com

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



20sec jumping lunges



20sec calf raises



40sec elbow plank



20sec jumping lunges



20sec calf raises



40sec side elbow plank



20sec jumping lunges



20sec calf raises



40sec raised leg elbow plank