

# HELL, UNLEASHED

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

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



**20sec** burpees



**20sec** one-arm plank (right)



**40sec** punches



**20sec** burpees



**20sec** push-ups



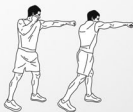
**40sec** overhead punches



**20sec** burpees



**20sec** one-arm plank (left)



**40sec** punches