

# HELLBOUND

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

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



**40sec** climbers



**20sec** push-ups

**20sec** superman hold

**40sec** climbers



**20sec** push-ups

**20sec** superman hold

**40sec** climbers



**20sec** push-ups

**20sec** superman hold

