

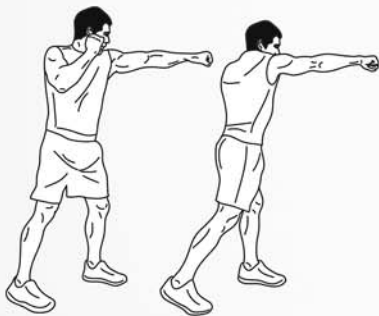
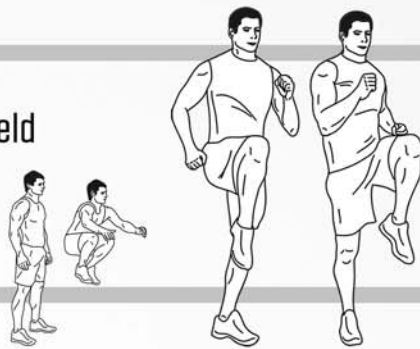
Hellhound

DAREBEE **HIIT** WORKOUT @ darebee.com

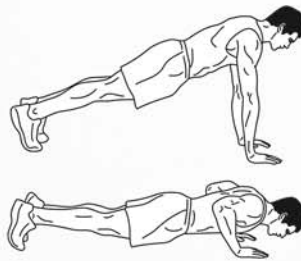
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest

1 min high knees - or one lap around a field
in the beginning of every set

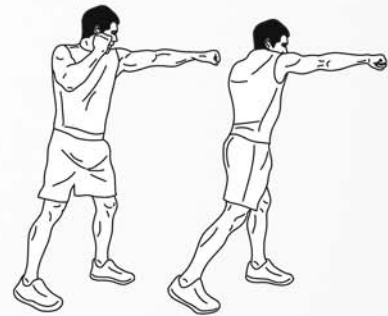
one jump knee tuck every 20 seconds



20sec punches



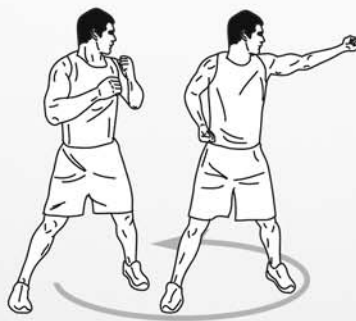
20sec push-ups



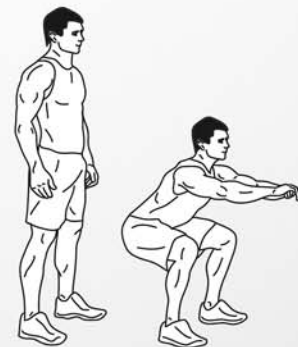
20sec punches



20sec squats



20sec backfists



20sec squats