

HELLRAISER

DAREBEE **HIT** WORKOUT © darebee.com

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



30sec high knees



30sec elbow plank hold



30sec plank rolls



30sec high knees



30sec side plank hold



30sec side planks



30sec high knees



30sec elbow plank hold



30sec bodysaw