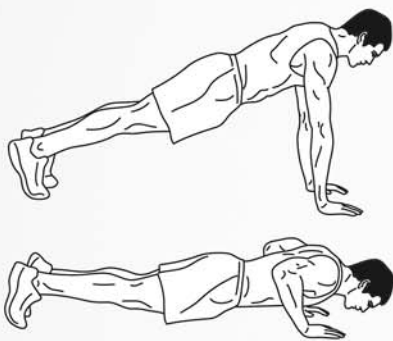


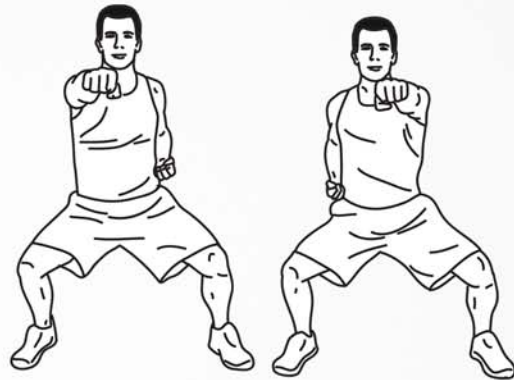
# Hell's Circuit

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

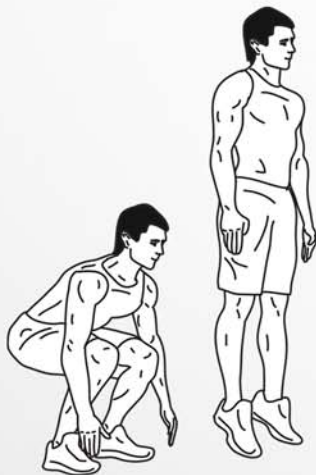
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



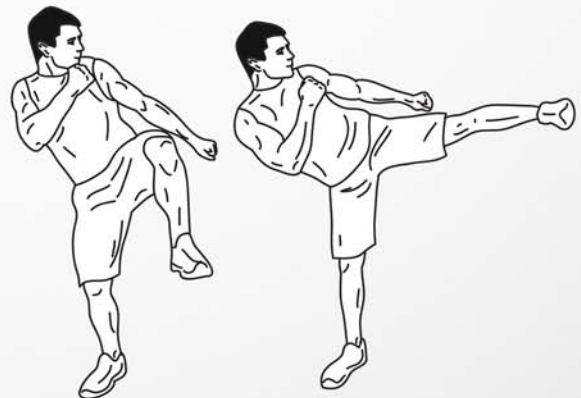
**1min** push-ups



**1min** squat hold punches



**1min** jump squats



**1min** side kicks