ghway 10

DAREBEE HIIT WORKOUT © darebee.com Level 1 3 sets

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



40sec jumping jacks



40sec jumping jacks



40sec jumping jacks



40sec jumping jacks



20sec push-ups



20sec jump squats



20sec push-ups



20sec jump squats