

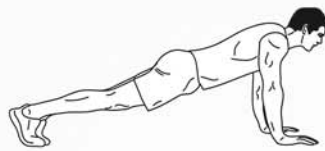
HOWLER

DAREBEE **HIIT** WORKOUT @ darebee.com

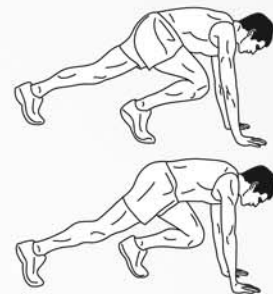
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40sec high knees



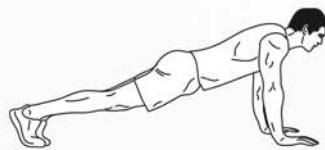
10sec plank



10sec climbers



40sec high knees



10sec plank



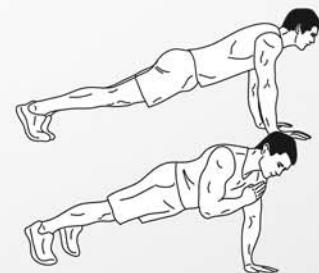
10sec plank rotations



40sec high knees



10sec plank



10sec shoulder taps