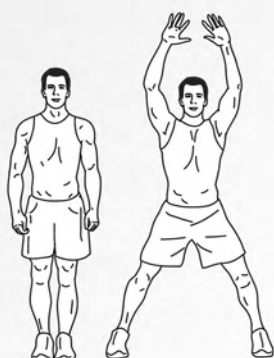


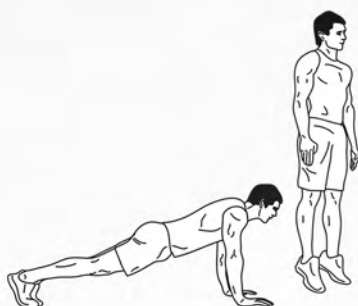
# INTERVENTION

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

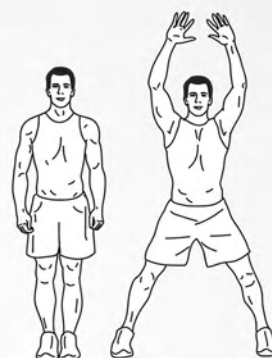
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



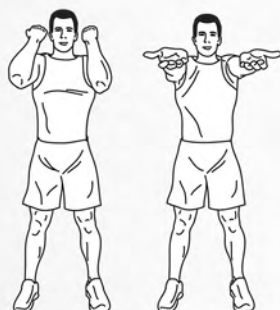
**20sec** jumping jacks



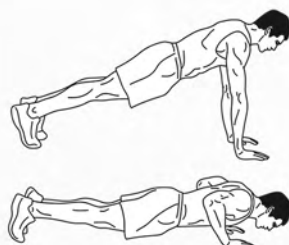
**20sec** basic burpees



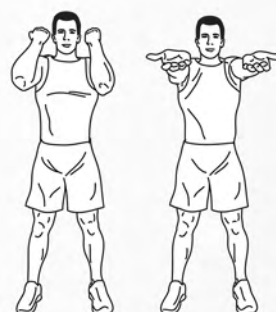
**20sec** jumping jacks



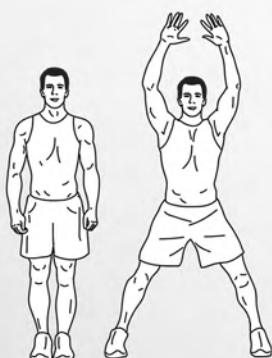
**20sec** bicep extensions



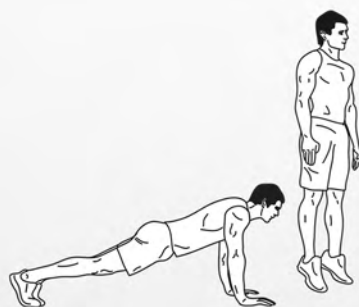
**20sec** push-ups



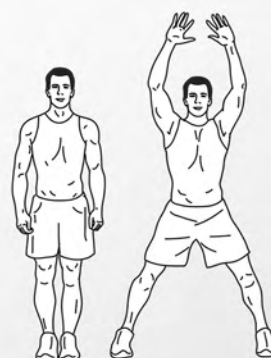
**20sec** bicep extensions



**20sec** jumping jacks



**20sec** basic burpees



**20sec** jumping jacks