

# Kettlebell HIIT

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



6 swings



6 reverse lunges



6 bent over rows



6 swings



6 squats



6 upright rows



6 swings



6 climbers



6 sitting twists