

# MAX OUT

**HIIT** WORKOUT

BY DAREBEE

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Level I 3 sets

Level II 5 sets

Level III 7 sets

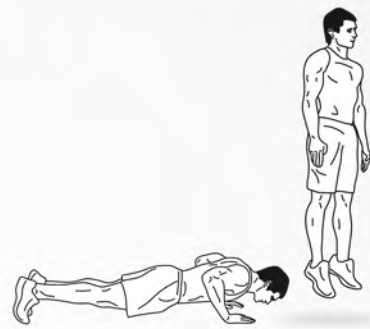
2 minutes rest



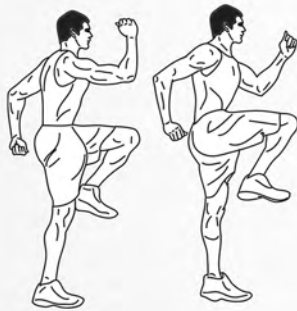
**20sec** march steps



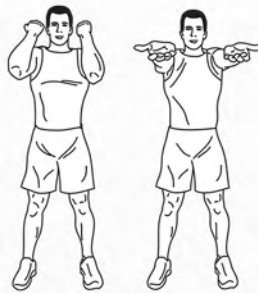
**20sec** high knees



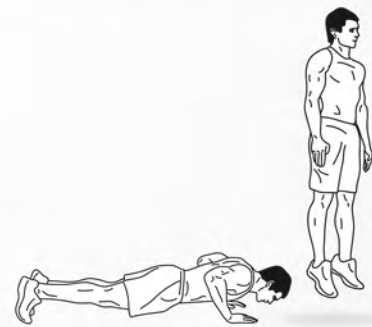
**20sec** burpees



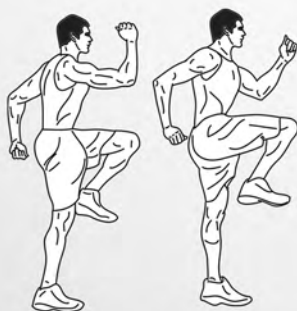
**20sec** march steps



**20sec** bicep extensions



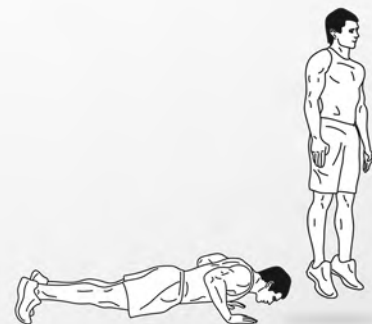
**20sec** burpees



**20sec** march steps



**20sec** high knees



**20sec** burpees