

# NEW BEGINNING

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

Level I 3 sets Level II 5 sets Level III 7 sets

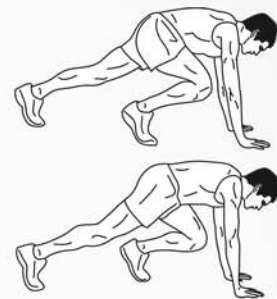
2 minutes rest



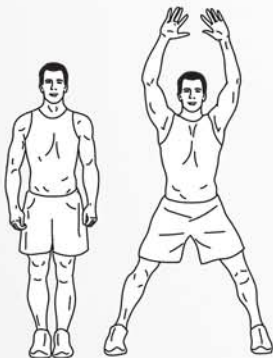
**30sec** high knees



**20sec** plank hold



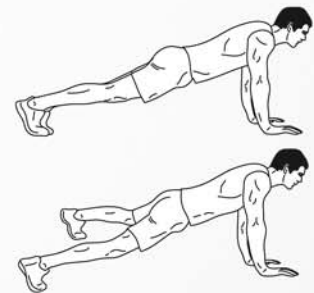
**10sec** climbers



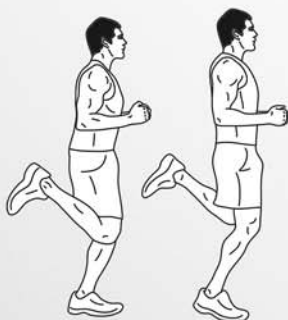
**30sec** jumping jacks



**20sec** plank hold



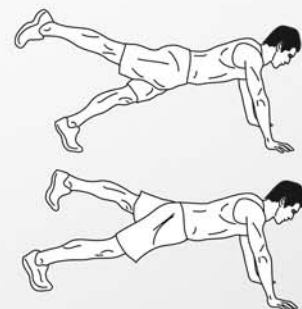
**10sec** plank jacks



**30sec** butt kicks



**20sec** plank hold



**10sec** plank leg raises