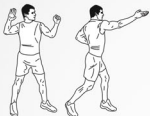


# NINJA

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

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



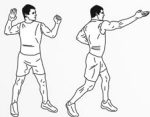
**30sec** knife hand strikes



**20sec** side kicks



**10sec** squat hold



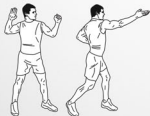
**30sec** knife hand strikes



**20sec** side-to-side lunges



**10sec** push-ups



**30sec** knife hand strikes



**20sec** plank hold



**10sec** jump squats