

THE ODDYSSEY

DAREBEE **HIIT** WORKOUT @ darebee.com

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



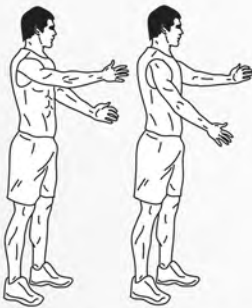
20sec reverse lunges



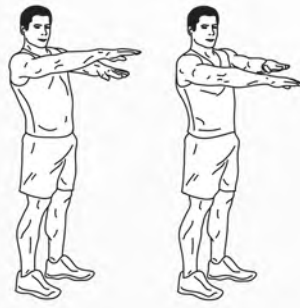
20sec calf raises



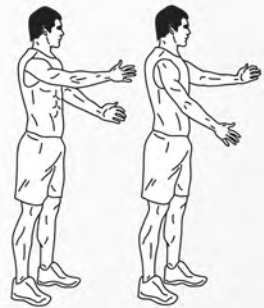
20sec reverse lunges



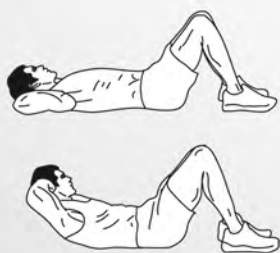
20sec scissor chops



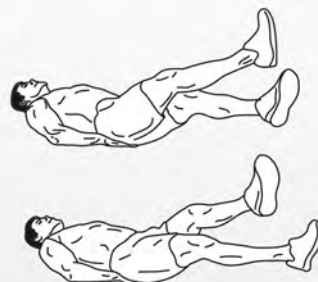
20sec arm scissors



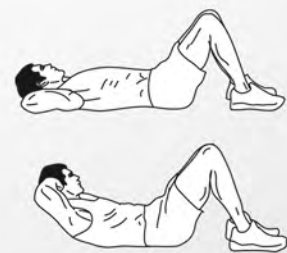
20sec scissor chops



20sec crunches



20sec scissors



20sec crunches