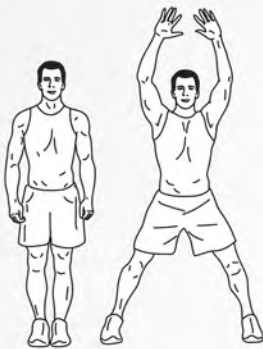


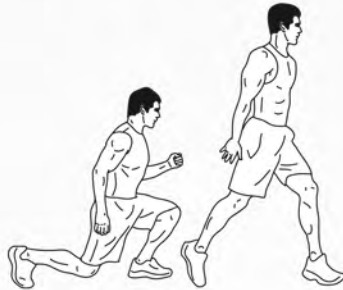
OVER the RAINBOW

DAREBEE **HIIT** WORKOUT @ darebee.com

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



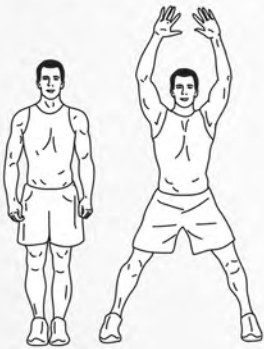
30sec jumping jacks



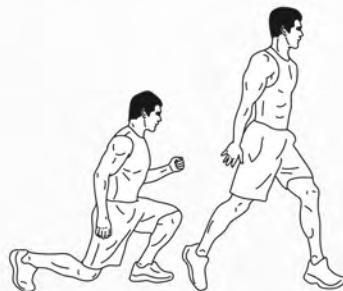
10sec jumping lunges



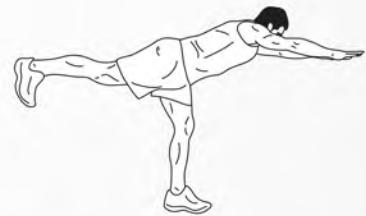
20sec balance hold #1



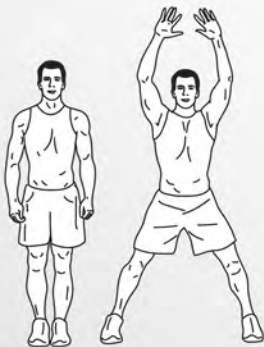
30sec jumping jacks



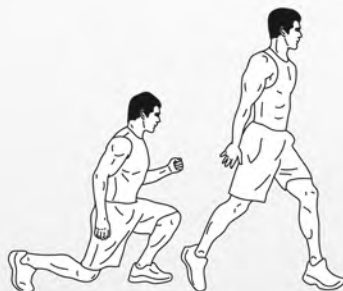
10sec jumping lunges



20sec balance hold #2



30sec jumping jacks



10sec jumping lunges



20sec balance hold #3