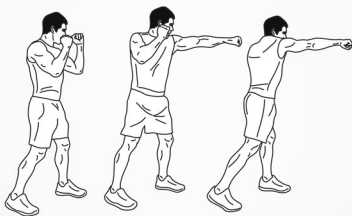


PACK A PUNCH

DAREBEE **HIIT** WORKOUT © darebee.com



3min punches

30sec rest

3min punches

30sec rest

3min punches