

POUNCE

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets
2 minutes rest between sets



20sec elbow plank

10sec basic burpees

20sec elbow plank

10sec basic burpees

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10sec basic burpees

20sec elbow plank

10sec basic burpees