

POWER BOLT

DAREBEE **HIT** WORKOUT © darebee.com

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



20sec high knees

1 burpee

20sec high knees

1 burpee

20sec high knees

1 burpee

20sec high knees

1 burpee

20sec high knees

1 burpee

20sec high knees

1 burpee

