

# POWER SHED

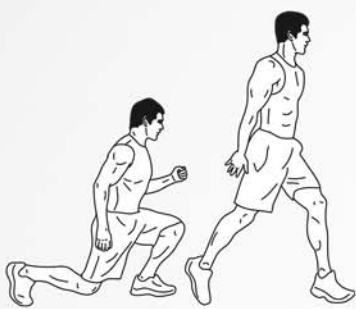
**HIIT** WORKOUT  
BY DAREBEE  
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**Level I** 3 sets

**Level II** 5 sets

**Level III** 7 sets

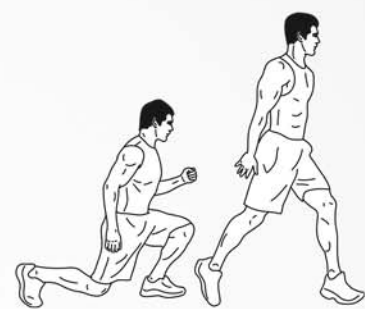
2 minutes rest



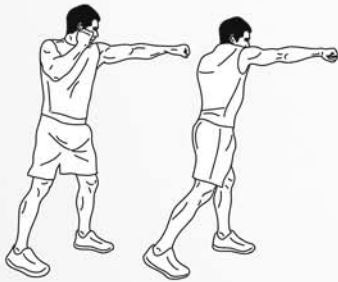
**10sec** jumping lunges



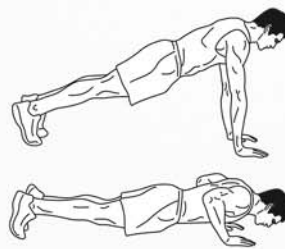
**20sec** high knees



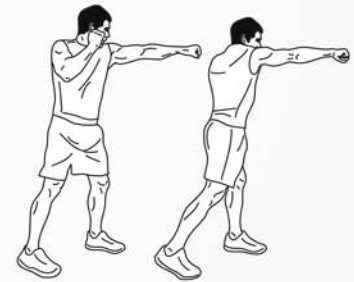
**10sec** jumping lunges



**20sec** punches



**10sec** push-ups



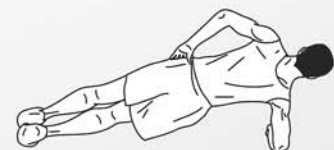
**20sec** punches



**20sec** side plank hold



**20sec** plank hold



**20sec** side plank hold