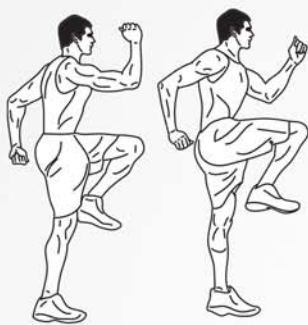


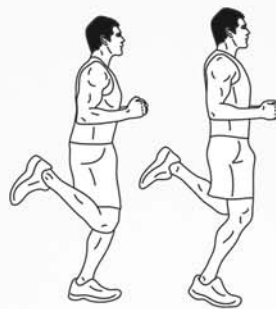
ROVER

DAREBEE **HIIT** WORKOUT © darebee.com

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



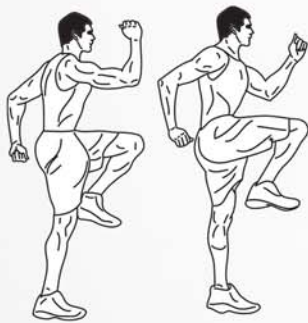
30sec march steps



20sec butt kicks



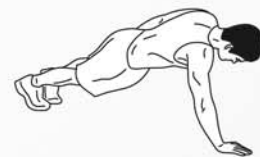
10sec plank hold



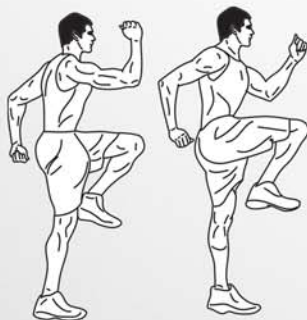
30sec march steps



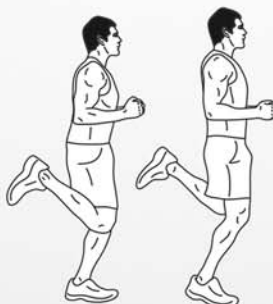
20sec butt kicks



10sec one-arm plank hold



30sec march steps



20sec butt kicks



10sec one-arm plank hold