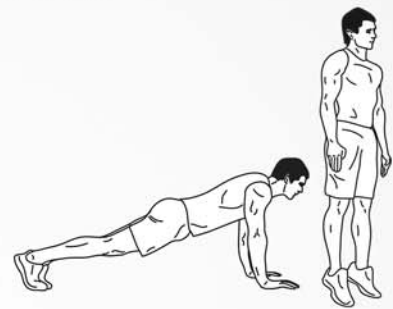


# SHOWDOWN

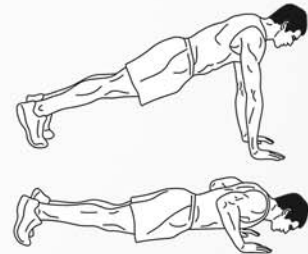
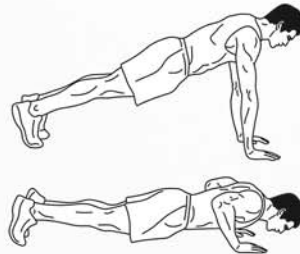
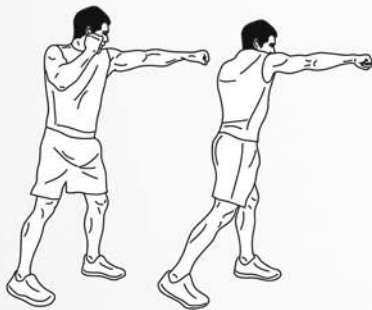
DAREBEE **HIIT** WORKOUT @ [darebee.com](http://darebee.com)

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



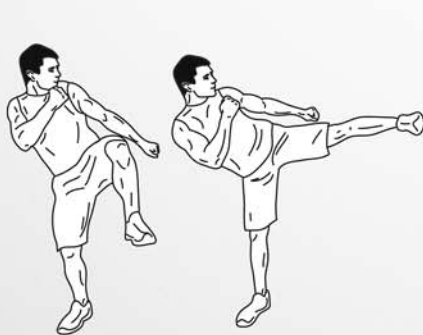
**50sec** high knees + one basic burpee every ten seconds

**10sec** basic burpees



**50sec** punches + one push-up every ten seconds

**10sec** push-ups



**50sec** side kicks + one jump squat every ten seconds

**10sec** jump squats