

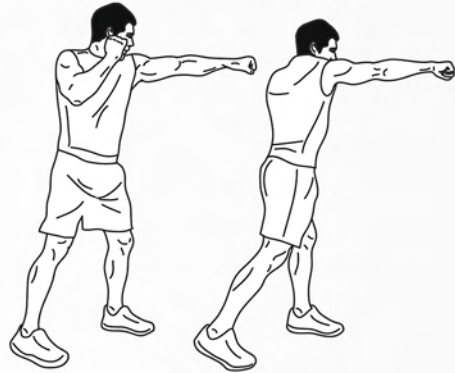
SLAYER

DAREBEE **HIIT** WORKOUT © darebee.com

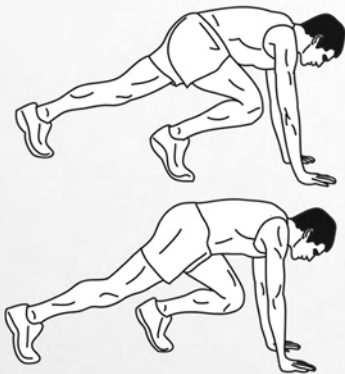
Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



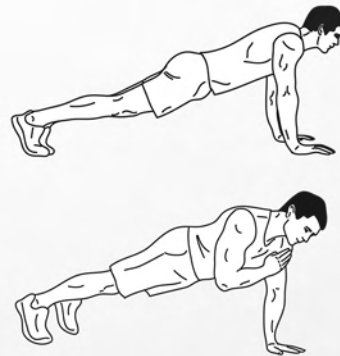
10sec high knees



20sec punches



20sec climbers



10sec shoulder taps