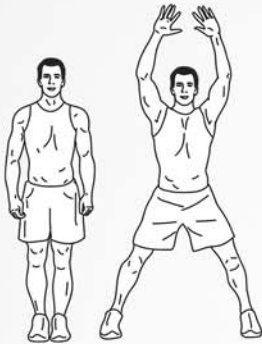


SOS

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest



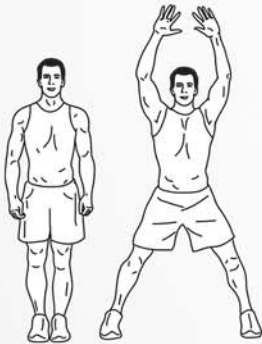
30sec jumping jacks



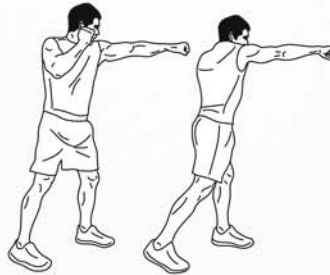
20sec raised leg e/plank



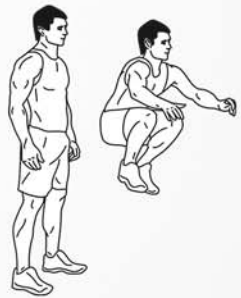
10sec jump knee tucks



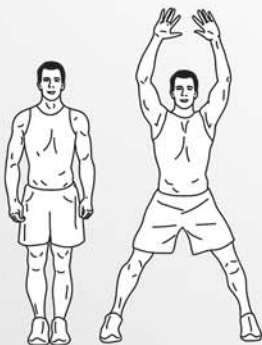
30sec jumping jacks



20sec punches



10sec jump knee tucks



30sec jumping jacks



20sec raised leg e/plank



10sec jump knee tucks