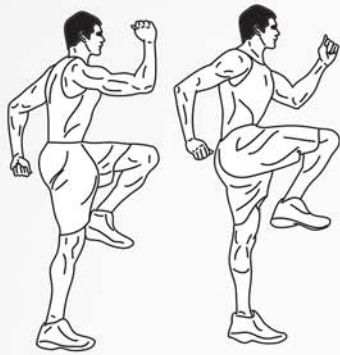


SPEEDSTER

DAREBEE **HIIT** WORKOUT © darebee.com

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



10sec march steps

10sec high knees

10sec march steps

10sec high knees

10sec march steps

10sec high knees

10sec plank hold

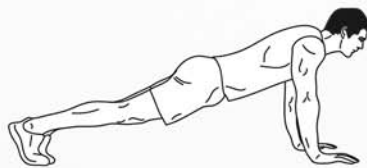
10sec climbers

10sec plank hold

10sec climbers

10sec plank hold

10sec climbers



10sec hollow hold

10sec flutter kicks

10sec hollow hold

10sec flutter kicks

10sec hollow hold

10sec flutter kicks