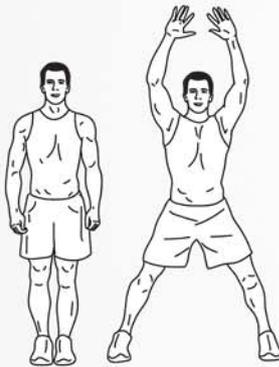


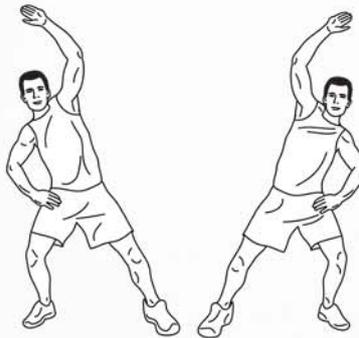
# SUMMER BLAST

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

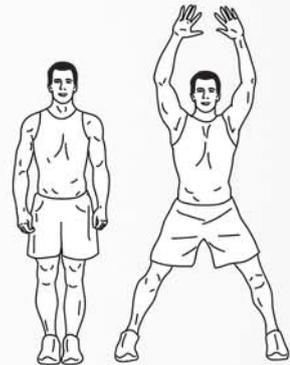
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



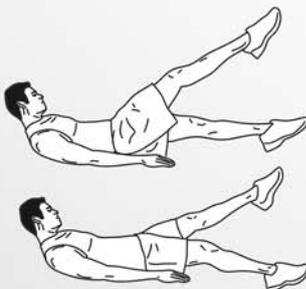
**20sec** jumping jacks



**20sec** side jacks



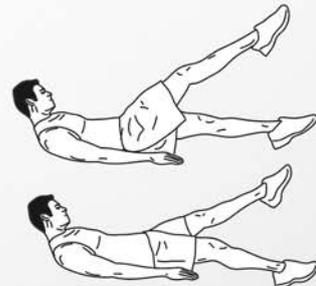
**20sec** jumping jacks



**20sec** flutter kicks



**20sec** sitting twists



**20sec** flutter kicks