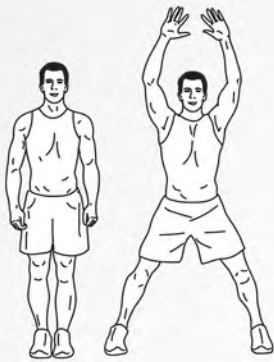


SUPER BURN

DAREBEE **HIIT** WORKOUT @ darebee.com

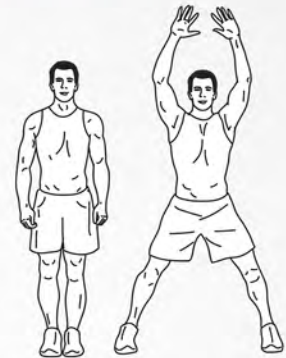
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



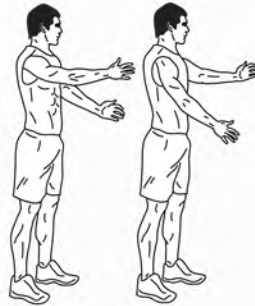
20sec split jacks



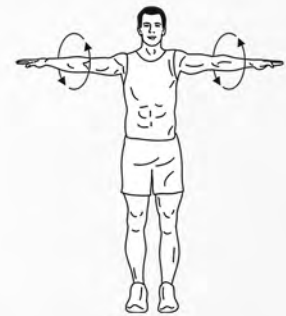
20sec jumping jacks



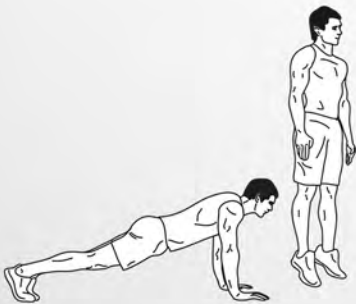
20sec arm circles



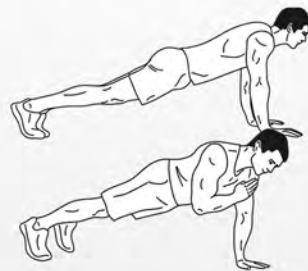
20sec scissor chops



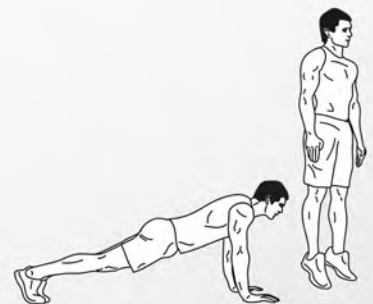
20sec arm circles



20sec basic burpees



20sec shoulder taps



20sec basic burpees