

# SUPERCHARGED

DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)

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



**10sec** pacer steps



**40sec** jumping jacks



**10sec** pacer steps



**10sec** climbers



**40sec** high knees



**10sec** climbers



**10sec** pacer steps



**40sec** jumping jacks



**10sec** pacer steps