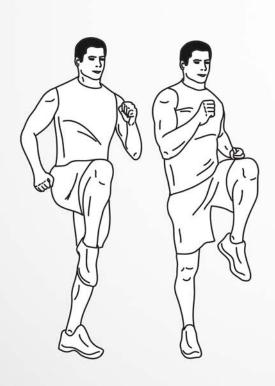
SURVIVOR

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 minutes Level II 4 minutes Level III 5 minutes
Level I 3 sets Level II 4 sets Level III 5 sets REST up to 2 minutes rest

Set a timer and do high knees (or run). Count to 20 or set intervals for 20 seconds. Every 20 seconds jump to the side (any direction) as fast as you can and do a basic burpee. Continue non-stop until the time for your level is up.



non-stop high knees

