

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

every 20 seconds



dodge (any direction)



one basic burpee