

SWEAT ZONE

DAREBEE **HIIT** WORKOUT © darebee.com

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



20sec basic burpees



20sec jumping jacks



20sec basic burpees



20sec jumping jacks



20sec side jacks



20sec jumping jacks



20sec basic burpees



20sec jumping jacks



20sec basic burpees