

TNT

DESTROY TO BUILD

ROGUE

DAREBEE **HIIT** WORKOUT
 @ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



20sec push-up
squat hold + jab + cross



20sec push-ups
+ side kicks



20sec high knees



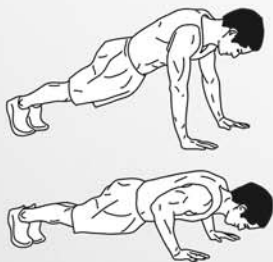
20sec push-up
squat hold + jab + cross



20sec push-ups
+ double side kicks



20sec high knees



20sec push-up



20sec squats



20sec high knees