

TNT

DESTROY TO BUILD

DAREBEE **HIIT** WORKOUT

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Level I 3 sets

Level II 5 sets

Level III 7 sets

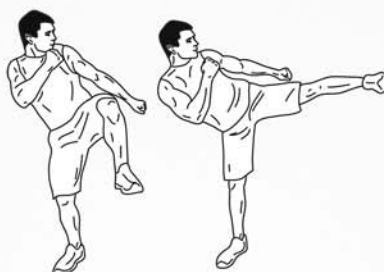
2 minutes rest between sets



1 push-up every 10 seconds



20sec squat hold punches



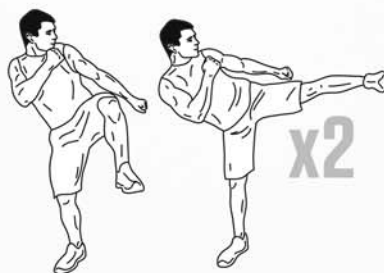
20sec side kicks



20sec high knees



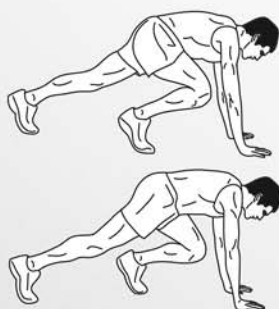
20sec squat hold punches



20sec double side kicks



20sec high knees



20sec climbers



20sec squats



20sec high knees