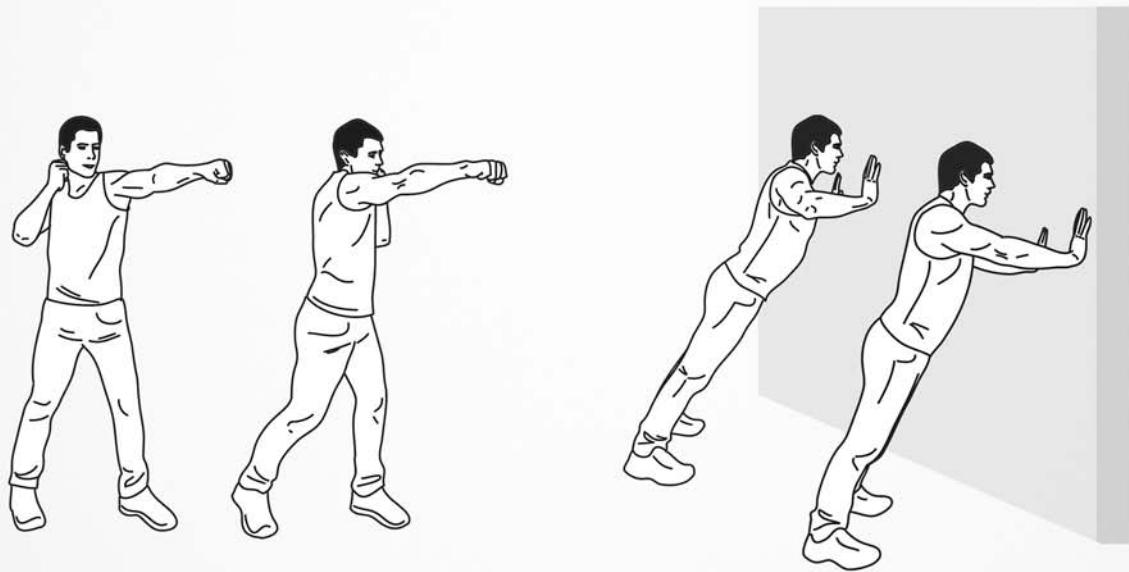


upperbody **press**

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



15sec punches (jab + cross)

15sec wall push-ups

15sec punches (jab + cross)

15sec wall push-ups