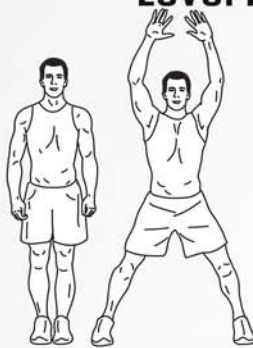


THE WARP

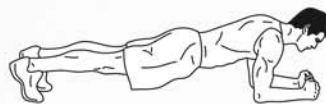
DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets

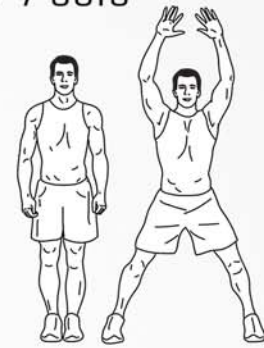
2 minutes rest between sets



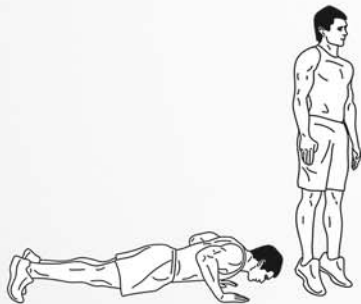
20sec jumping jacks



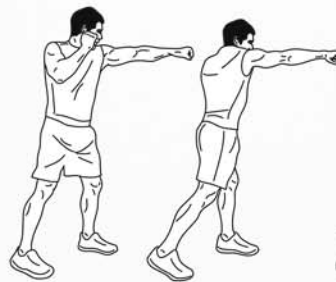
20sec elbow plank



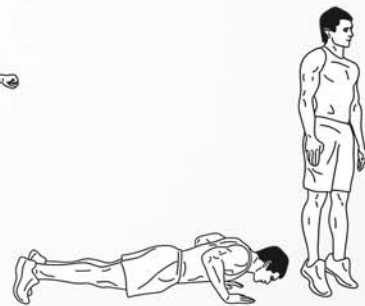
20sec jumping jacks



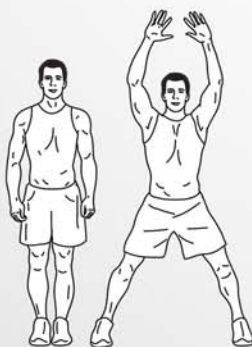
20sec burpees



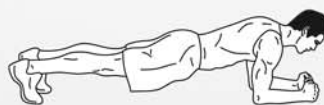
20sec punches



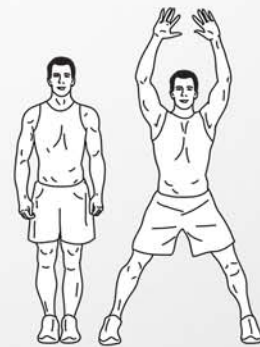
20sec burpees



20sec jumping jacks



20sec elbow plank



20sec jumping jacks