

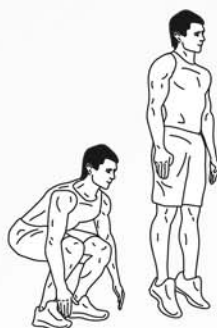
WAYWARD

DAREBEE **HIIT** WORKOUT @ darebee.com

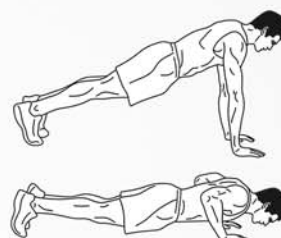
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



40sec high knees



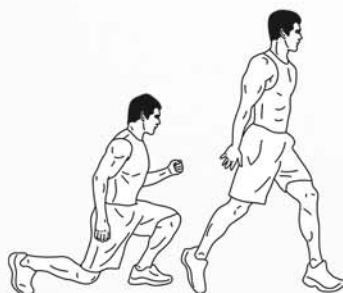
10sec jump squats



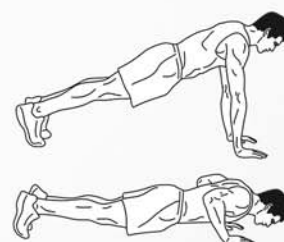
10sec push-ups



40sec high knees



10sec jumping lunges



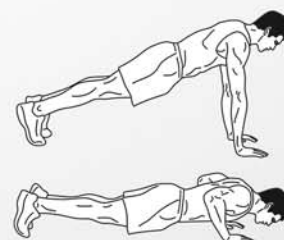
10sec push-ups



40sec high knees



10sec jump knee tucks



10sec push-ups