

wild hunt

DAREBEE **HIIT** WORKOUT @ darebee.com

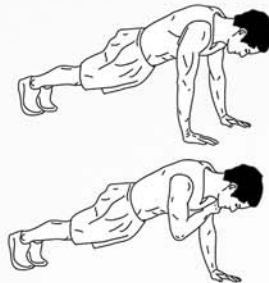
Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between rounds

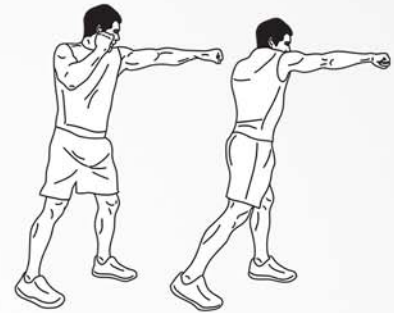
one jump squat every 10 seconds



30sec high knees



10sec shoulder taps



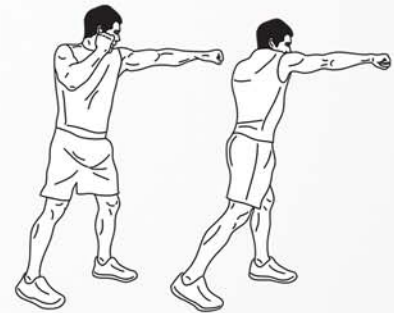
20sec punches



30sec high knees



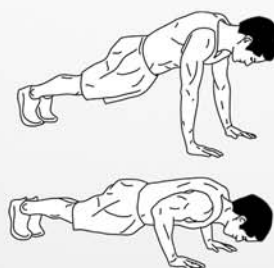
10sec plank walk-outs



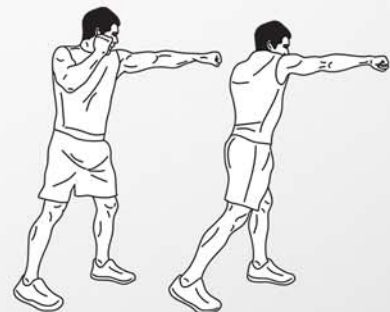
20sec punches



30sec high knees



10sec push-ups



20sec punches