

THE ZONE

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec high knees



20sec calf raises



20sec high knees



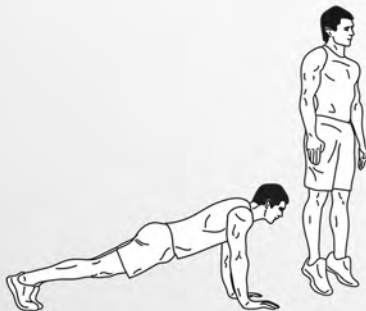
20sec plank hold



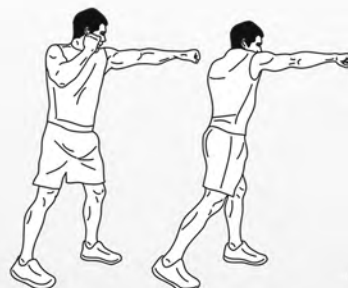
20sec elbow plank hold



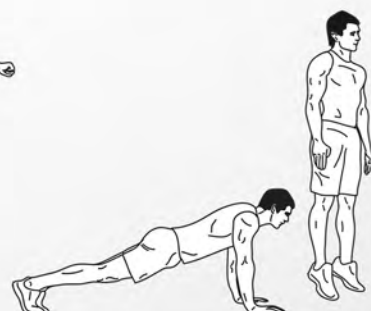
20sec plank hold



20sec basic burpees



20sec punches



20sec basic burpees