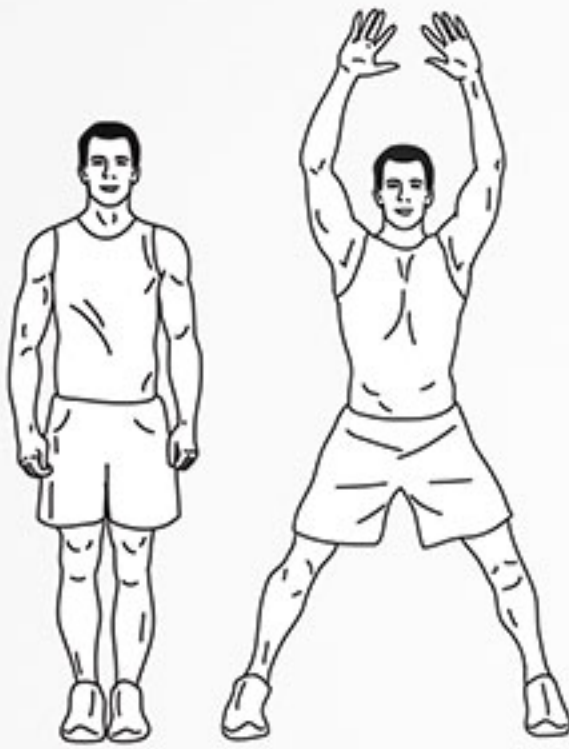


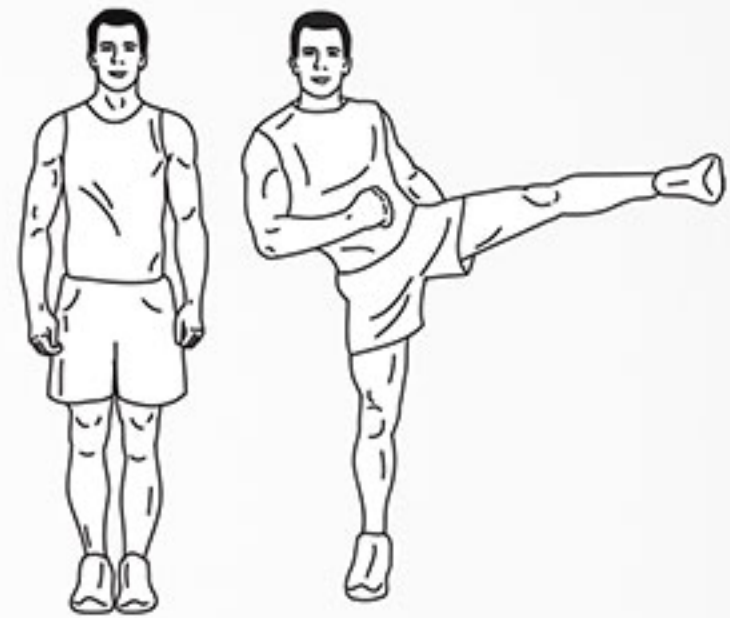
BLASTER

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec jumping jacks



10sec side leg raises



20sec high knees



10sec climbers

BOXER

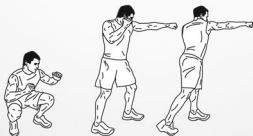
DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec jab + cross

20sec push-up + jab + cross



20sec squat + jab + cross

CONFESSOR

DAREBEE **HIIT** WORKOUT © darebee.com

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



20sec high knees



10sec squats



20sec high knees



10sec jump squats

CROSSFIRE

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec climbers



10sec high knees



10sec climbers



20sec high knees

Goku

DAREBEE **HIT** WORKOUT @ darebee.com

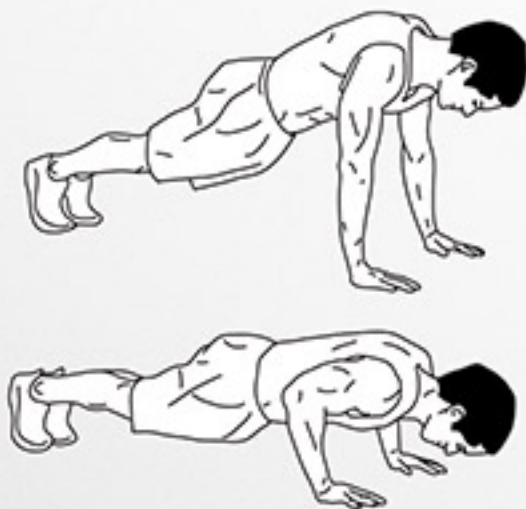
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



10sec squats



20sec side kicks



10sec push-ups



20sec squat hold punches

Hell's Circuit

DAREBEE **HIIT** WORKOUT @ darebee.com

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



1min push-ups



1min squat hold punches



1min jump squats



1min side kicks

MASS BLAST

DAREBEE **HIT** WORKOUT @ darebee.com

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



15sec high knees



15sec toe tap hops



15sec jumping jacks

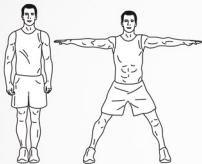


15sec side leg raises

MAX IMPACT

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec jumping Ts



20sec high knees



10sec squats



10sec push-ups

NUTCRACKER

DAREBEE **HIIT** WORKOUT @ darebee.com

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



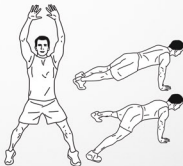
20sec jumping jacks



20sec jumping jack + squat



10sec jumping jack + plank jump-in



10sec jumping jack + plank jack

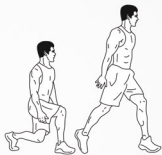
PHOENIX BURN

DAREBEE **HIT** WORKOUT @ darebee.com

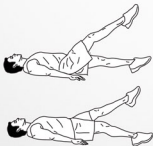
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



10sec jumping lunges



10sec flutter kicks

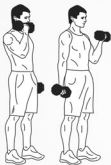


20sec knee-to-elbow crunches

POWER

DAREBEE **HIT** WORKOUT @ darebee.com

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



20sec alt bicep curls



20sec squats

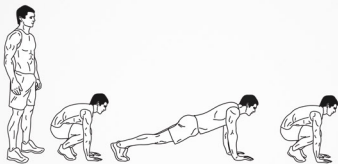


20sec renegade row push-ups

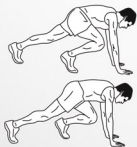
RAMBO

DAREBEE **HIIT** WORKOUT © darebee.com

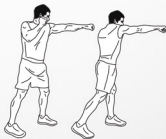
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec basic burpees



20sec climbers



20sec punches

RANGER

DAREBEE **HIIT** WORKOUT © darebee.com

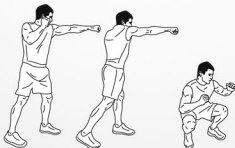
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec push-ups

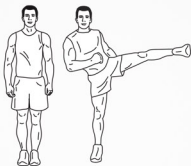


20sec jab + jab + cross + squat

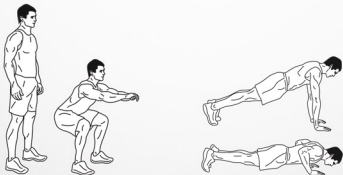
RESPAWN

DAREBEE **HIT** WORKOUT © darebee.com

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



30sec side leg raises



20sec squats

10sec push-ups

SHIFTER

DAREBEE **HIIT** WORKOUT @ darebee.com

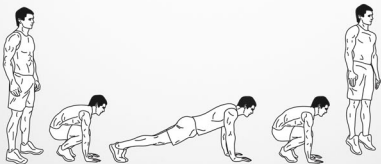
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec squats



20sec basic burpees

SILVER

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec step jacks



20sec step side jacks



20sec arm circles

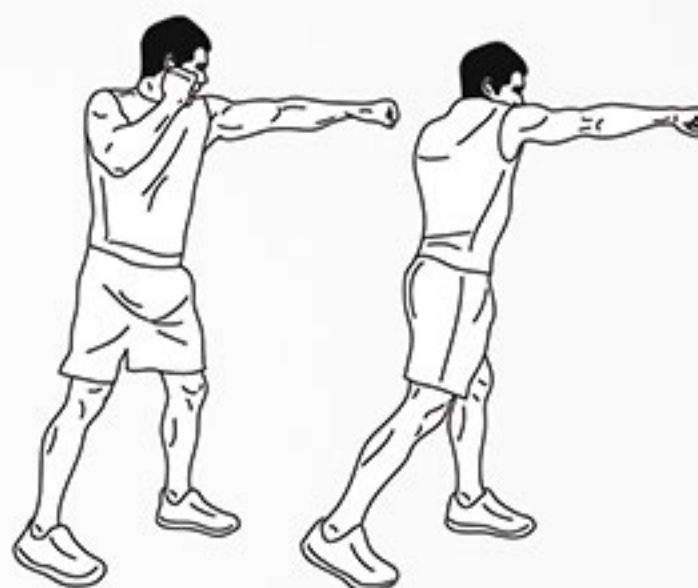
SLAYER

DAREBEE **HIIT** WORKOUT © darebee.com

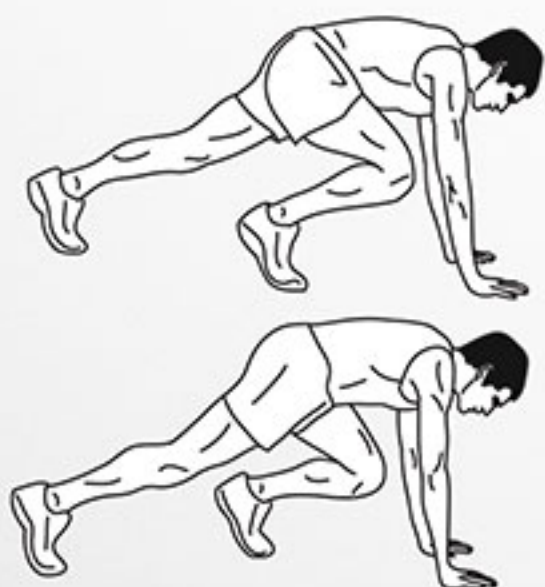
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



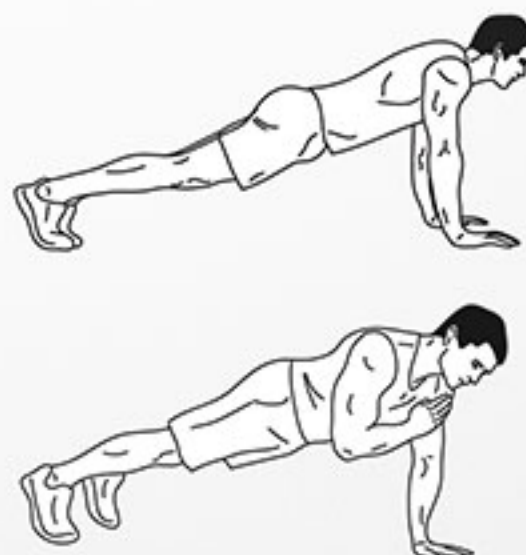
10sec high knees



20sec punches



20sec climbers



10sec shoulder taps

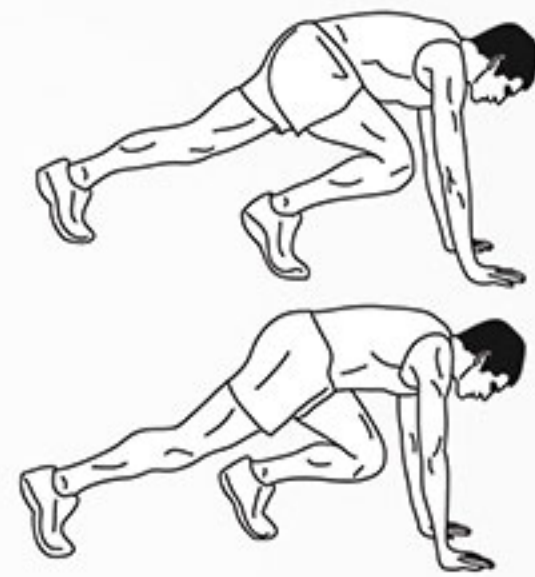
SONIC

DAREBEE **HIT** WORKOUT @ darebee.com

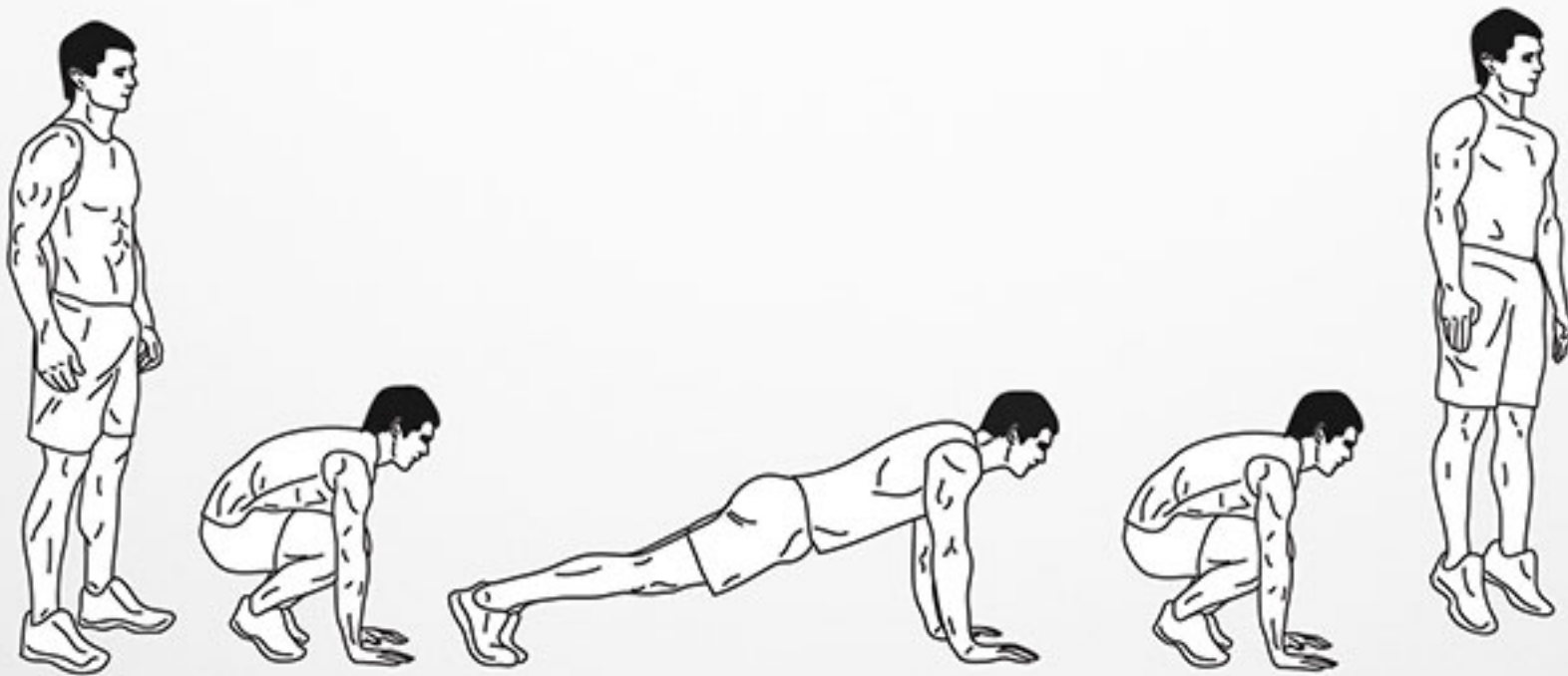
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20sec high knees



20sec climbers

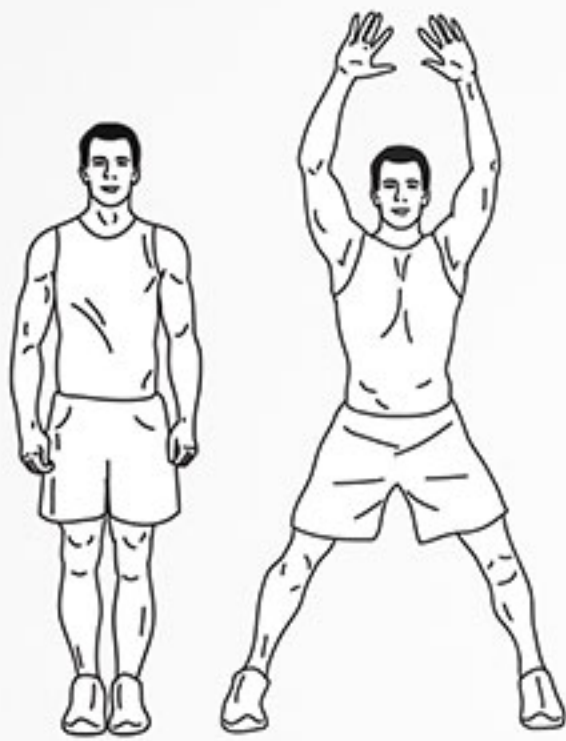


20sec basic burpees (no push-up) with a jump

TOASTER

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec jumping jacks



20sec high knees



20sec basic burpees

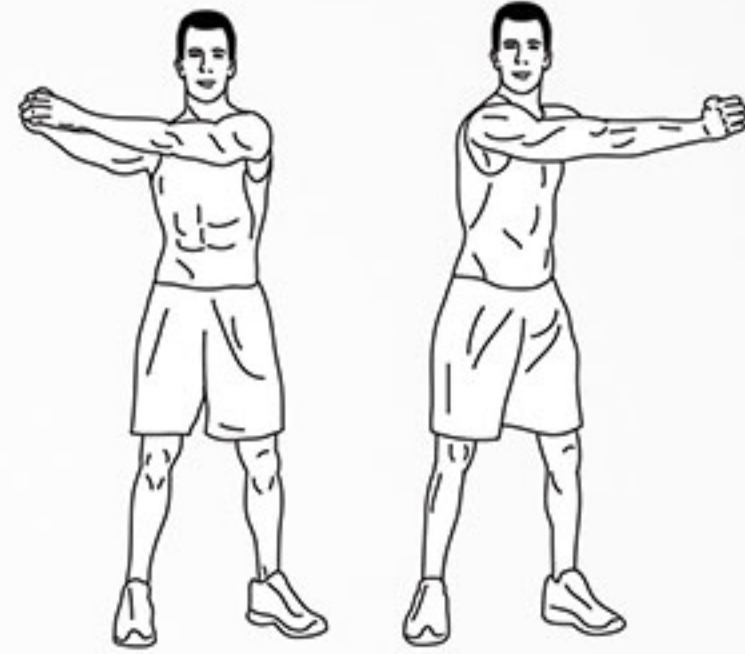
ZOMBIE

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec high knees



20sec side-to-side chops

CAN BE DONE WITH A KATANA



20sec "1-2-3" count high knees + squat