

ABSOLUTION

DAREBEE **HIIT** WORKOUT @ darebee.com

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



15sec jumping lunges



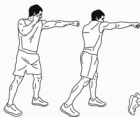
15sec reverse lunges



30sec high knees



15sec push-ups



15sec punches



30sec push-up + punches



15sec plank walk-outs



15sec plank hold



30sec basic burpee w/ jump