

activator

DAREBEE **HIIT** WORKOUT @ darebee.com

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



15sec squat hops



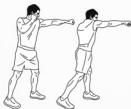
15sec bounce + squat



15sec high knees



15sec shoulder taps



15sec punches



15sec high knees



15sec climbers



15sec sprinter lunges



15sec high knees