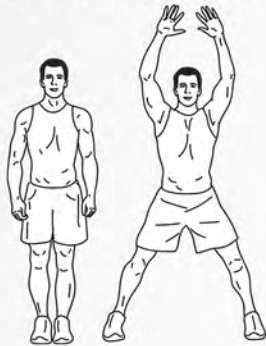


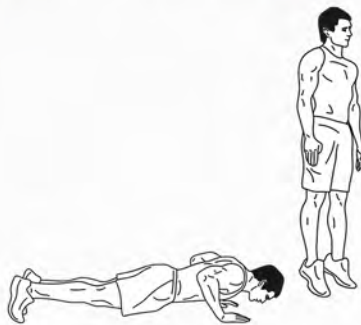
Ants in My Pants

DAREBEE **HIIT** WORKOUT © darebee.com

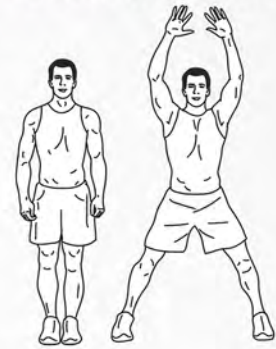
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



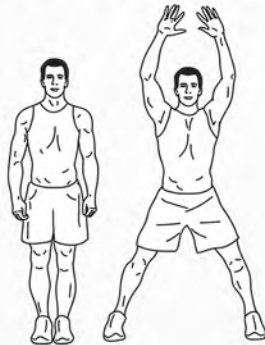
20sec burpees



20sec jumping jacks



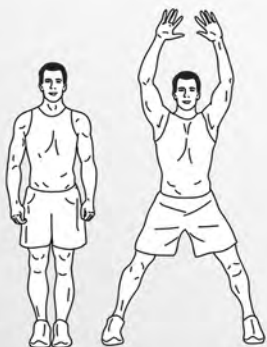
20sec wide plank hold



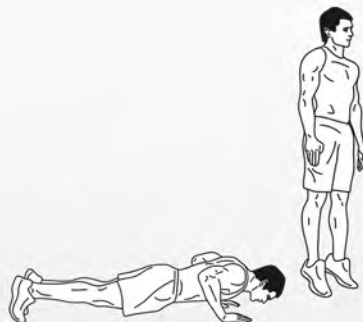
20sec jumping jacks



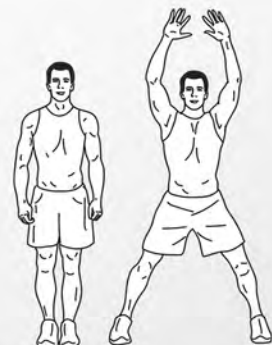
20sec wide plank hold



20sec jumping jacks



20sec burpees



20sec jumping jacks