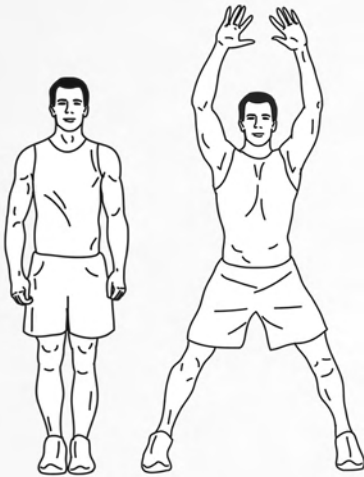


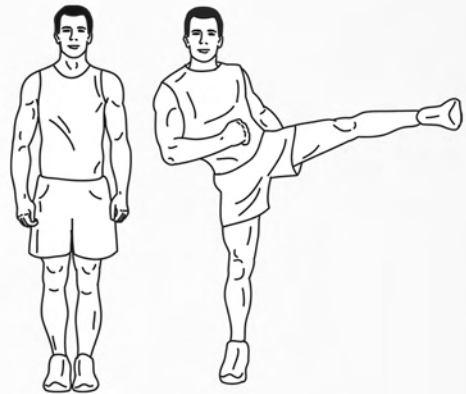
BLASTER

DAREBEE **HIIT** WORKOUT @ darebee.com

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



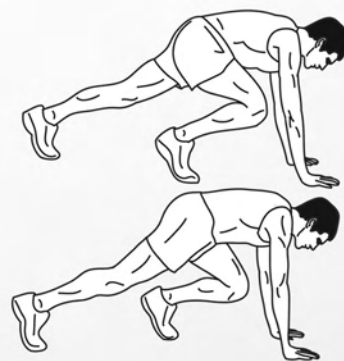
20sec jumping jacks



10sec side leg raises



20sec high knees



10sec climbers