

BLITZ

DAREBEE **HIIT** WORKOUT @ darebee.com

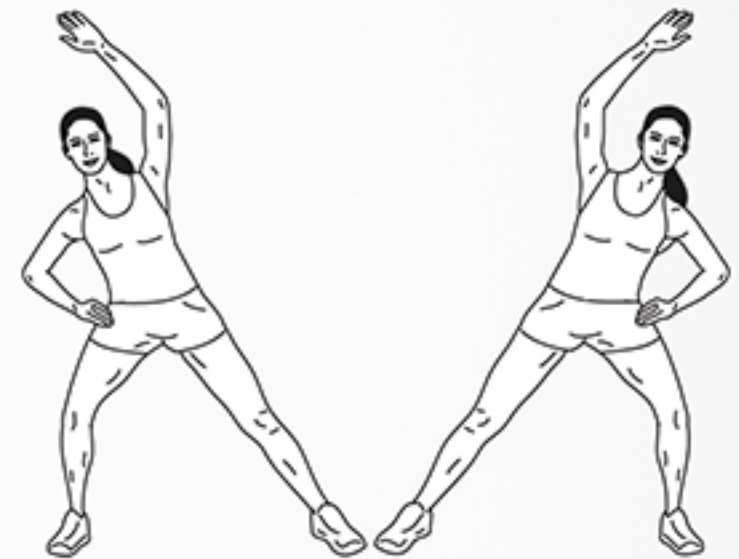
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec jumping jacks



30sec arm circles



30sec side jacks



30sec side lunges



30sec butt kicks



30sec high knees