

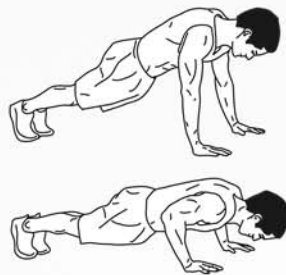
THE BLUEPRINT

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets 2 minutes rest between sets



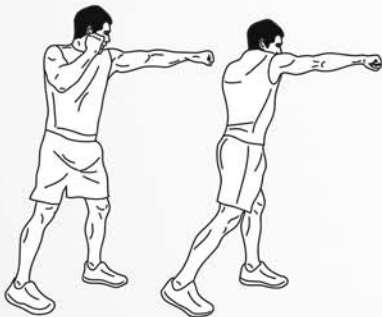
30sec high knees



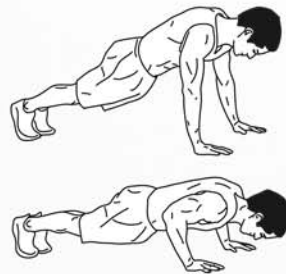
10sec push-ups



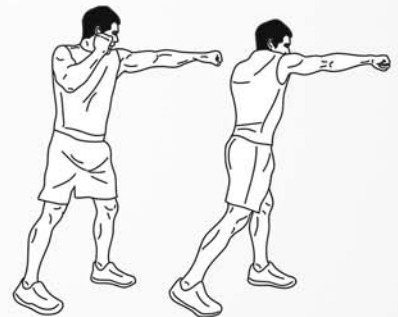
30sec high knees



30sec punches



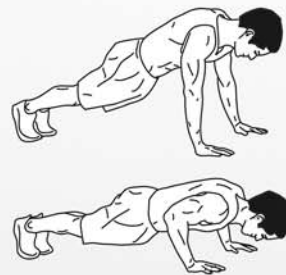
10sec push-ups



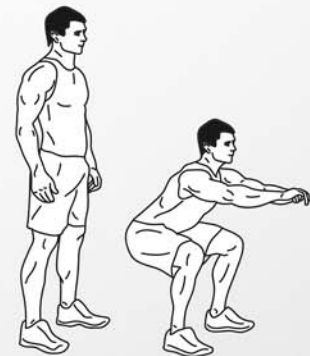
30sec punches



30sec squats



10sec push-ups



30sec squats