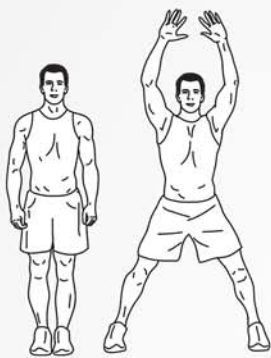


# BRIDGE 4

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



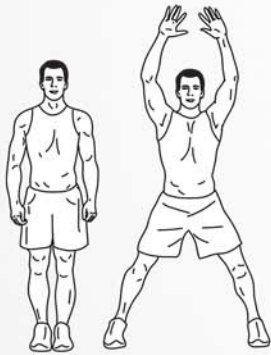
**20sec** jumping jacks



**20sec** high knees



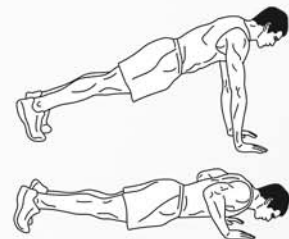
**20sec** squats



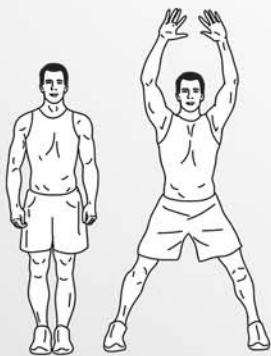
**20sec** jumping jacks



**20sec** high knees



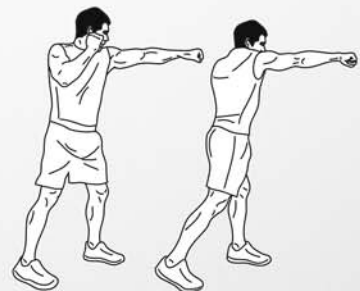
**20sec** push-ups



**20sec** jumping jacks



**20sec** high knees



**20sec** punches