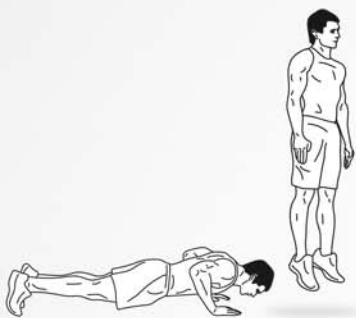


BRUTAL HIIT

DAREBEE **HIIT** WORKOUT @ darebee.com

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



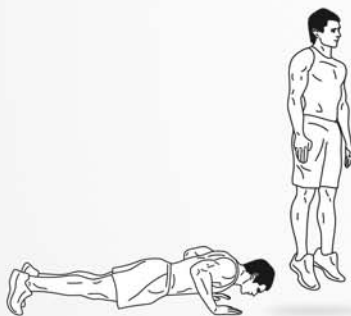
30sec burpees



30sec squat hold



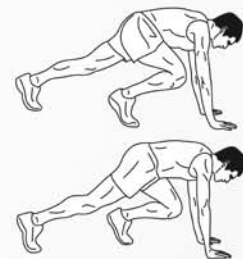
30sec high knees



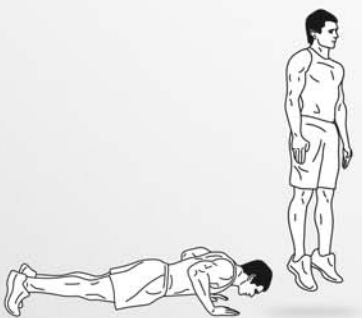
30sec burpees



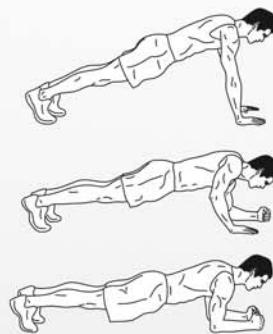
30sec plank hold



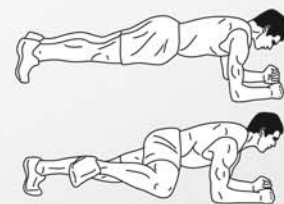
30sec climbers



30sec burpees



30sec up & down planks



30sec plank crunches