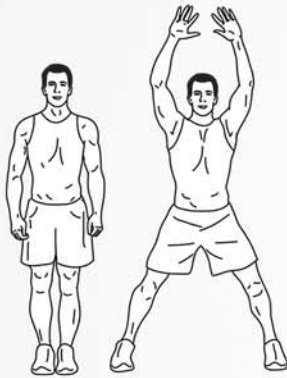


# BURN MODE

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

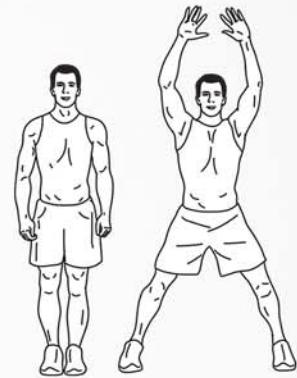
Level I 3 sets  
Level II 5 sets  
Level III 7 sets  
2 minutes rest



**30sec** jumping jacks



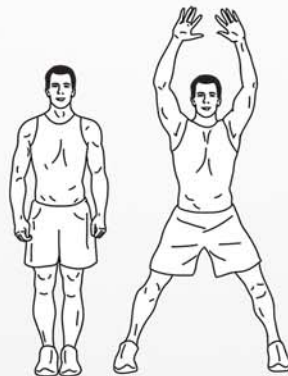
**30sec** elbow plank



**30sec** jumping jacks



**30sec** raised leg plank



**30sec** jumping jacks



**30sec** side plank