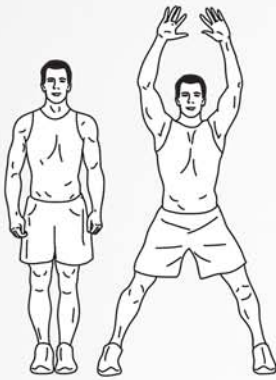


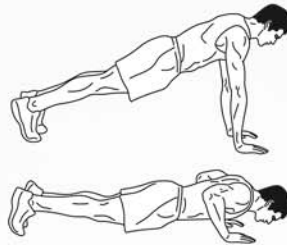
Burn Zone

DAREBEE **HIIT** WORKOUT @ darebee.com

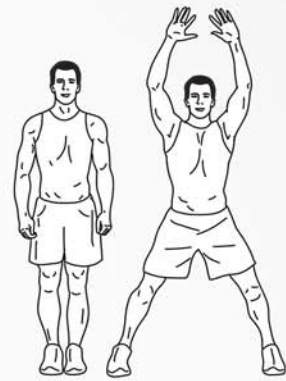
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec jumping jacks



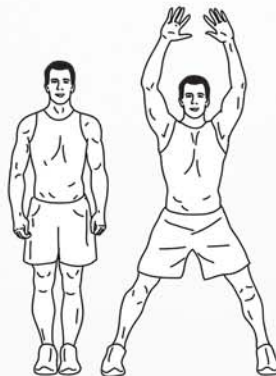
10sec push-ups



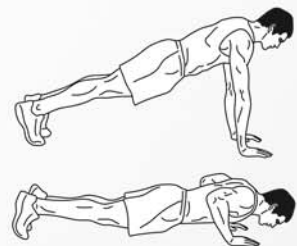
30sec jumping jacks



10sec burpees w/tuck



30sec jumping jacks



10sec push-ups



30sec elbow plank