

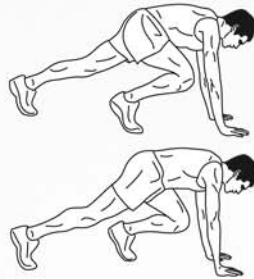
CARPE DIEM

DAREBEE **HIT** WORKOUT @ darebee.com

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



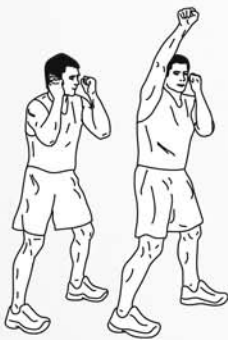
20sec high knees



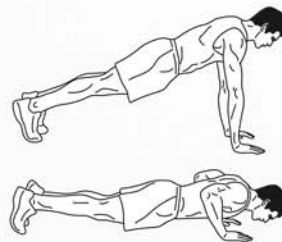
20sec climbers



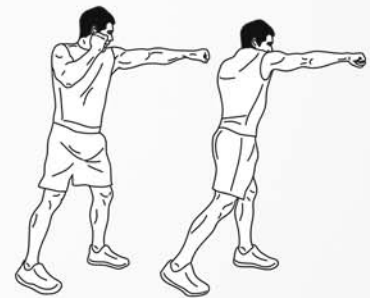
20sec high knees



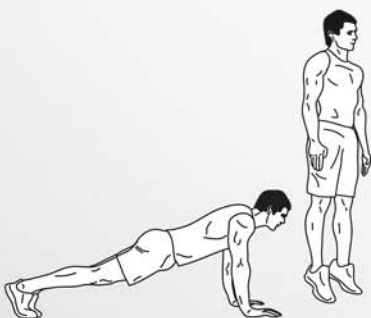
20sec overhead punches



20sec push-ups



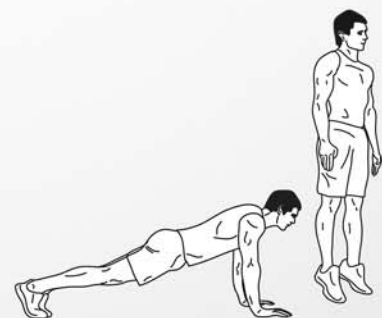
20sec punches



20sec basic burpees



20sec plank hold



20sec basic burpees