

Core Burn

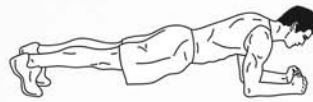
DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



20sec high knees



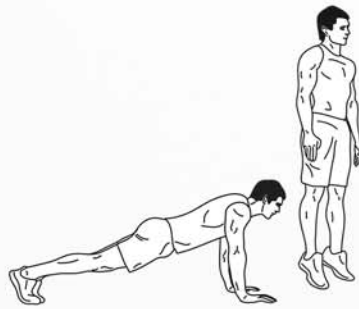
20sec elbow plank



20sec high knees



20sec side plank (left)



20sec basic burpees



20sec side plank (right)



20sec high knees



20sec elbow plank



20sec high knees