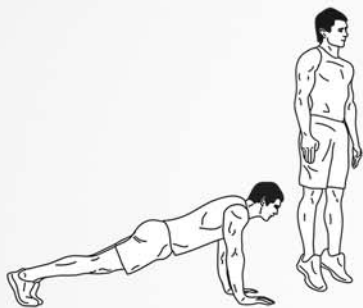


# CORE FORGE

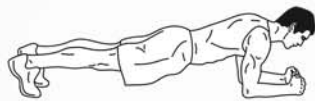
DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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

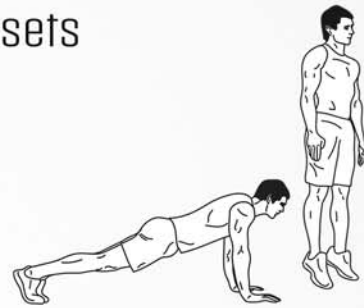
2 minutes rest between sets



**10sec** basic burpees



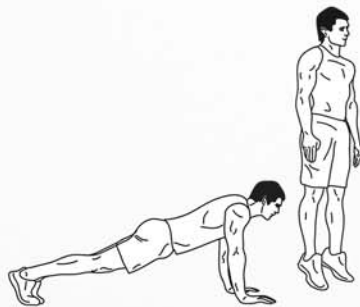
**30sec** elbow plank



**10sec** basic burpees



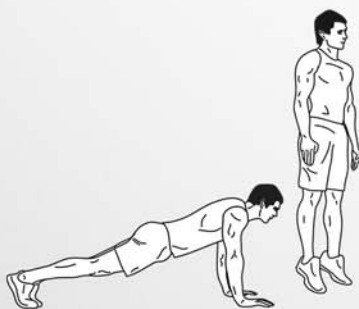
**30sec** side plank (left)



**10sec** basic burpees



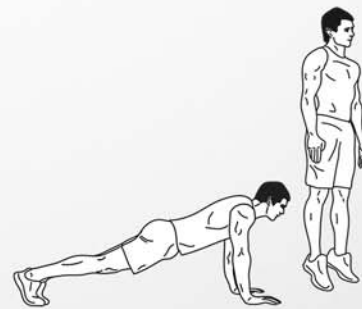
**30sec** side plank (right)



**10sec** basic burpees



**30sec** raised leg plank



**10sec** basic burpees