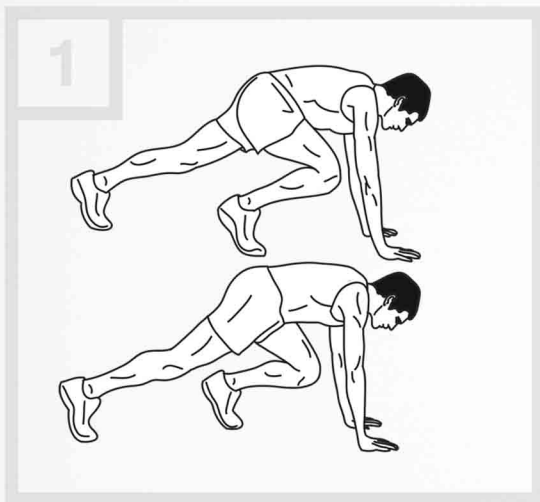


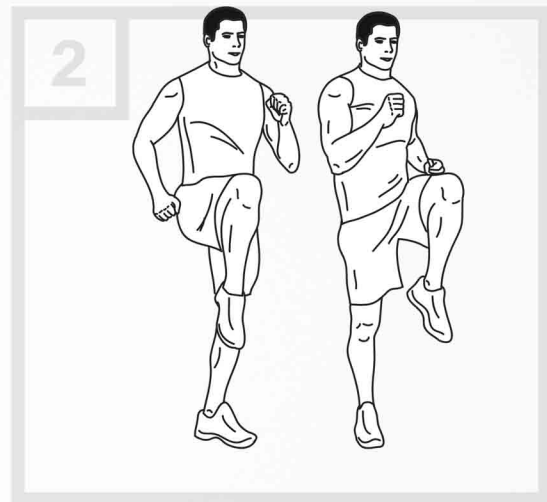
CROSSFIRE

DAREBEE **HIIT** WORKOUT @ darebee.com

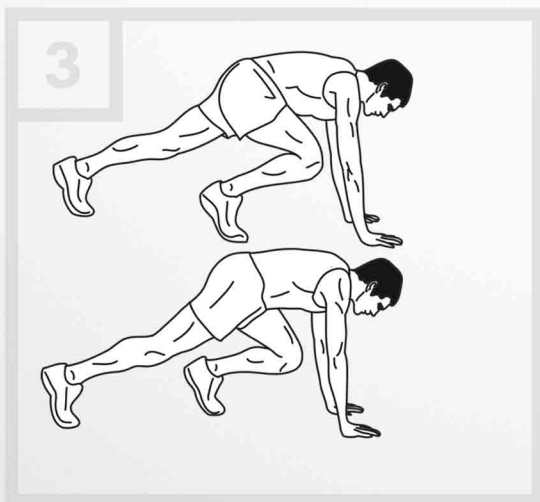
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



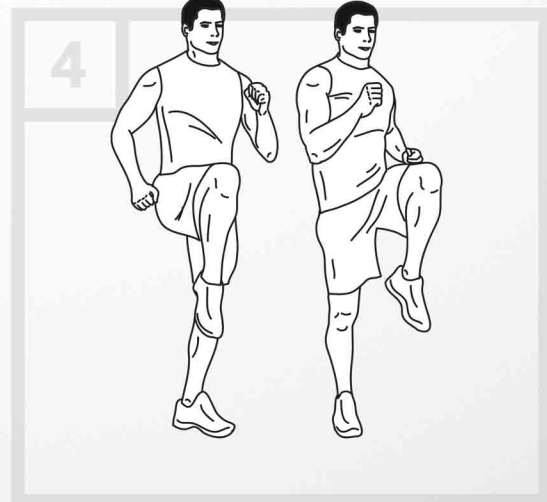
20sec climbers



10sec high knees



10sec climbers



20sec high knees