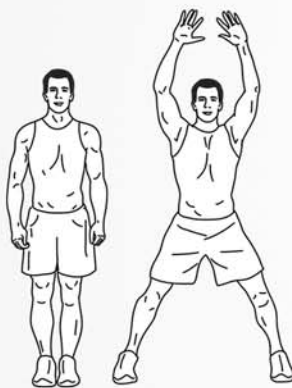


# THE DRIFTER

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

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



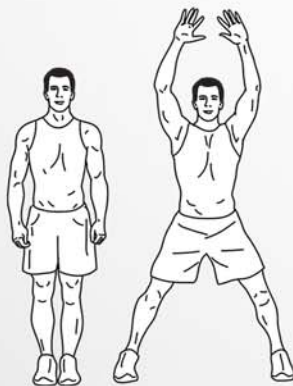
**20sec** jumping jacks



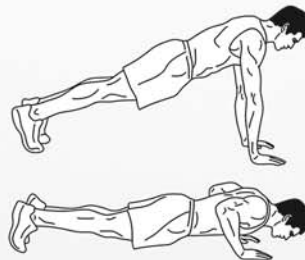
**20sec** hops on the spot



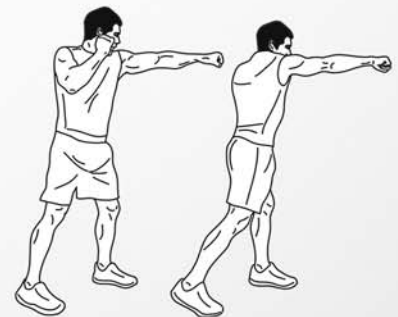
**20sec** squats



**20sec** jumping jacks



**20sec** push-ups



**20sec** punches