

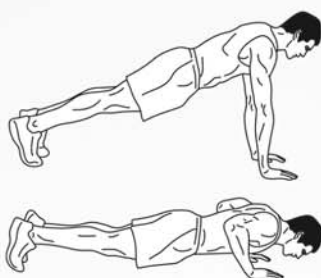
FLAMETHROWER

DAREBEE **HIIT** WORKOUT © darebee.com

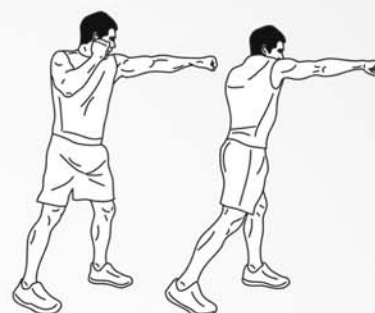
Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



30sec high knees



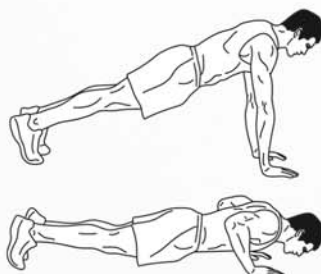
15sec push-ups



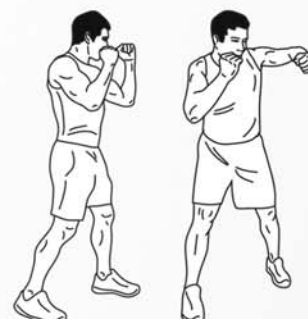
15sec jab + cross



30sec high knees



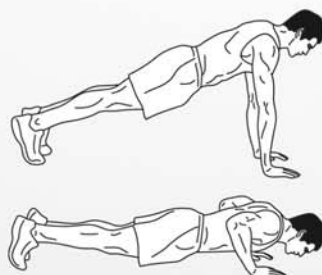
15sec push-ups



15sec hooks



30sec high knees



15sec push-ups



15sec uppercuts