

FREE FALL

DAREBEE **HIIT** WORKOUT

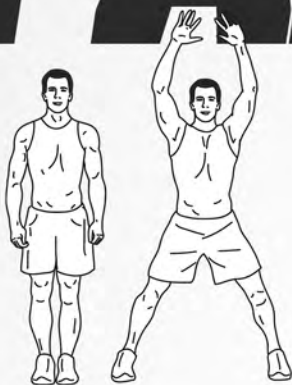
@ darebee.com

Level I 3 sets

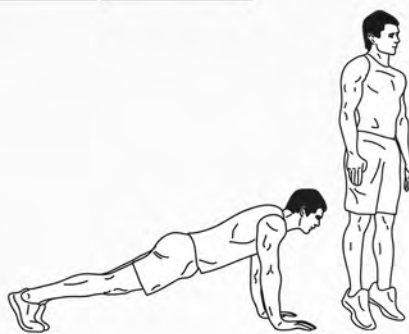
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



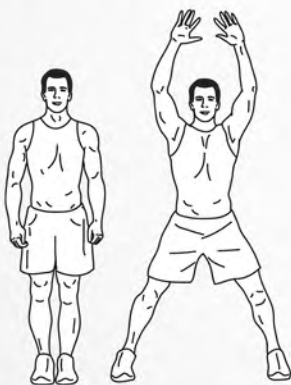
30sec jumping jacks



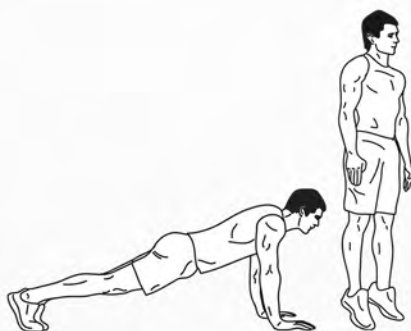
30sec basic burpees



30sec raised arm circles



30sec jumping jacks



30sec basic burpees



30sec raised arm circles



20sec push-up into back extension



10sec back extension hold

