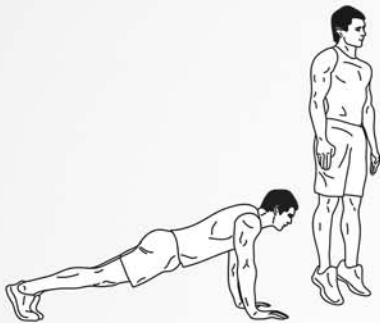


Game Changer

DAREBEE **HIIT** WORKOUT @ darebee.com

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



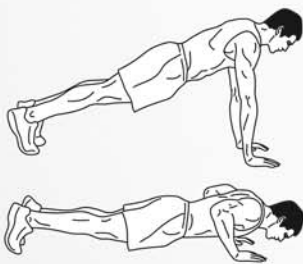
15sec basic burpees



30sec high knees



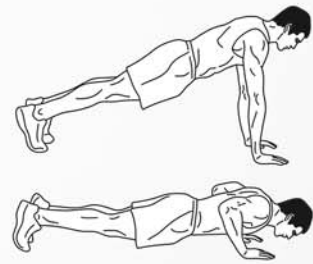
15sec basic burpees



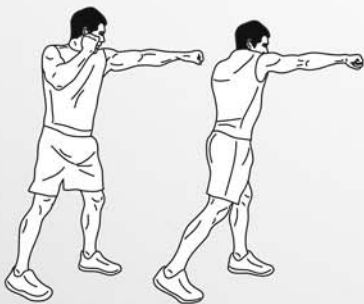
15sec push-ups



30sec high knees



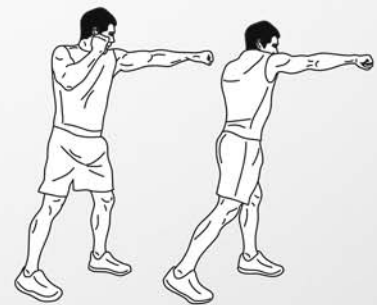
15sec push-ups



15sec punches



30sec high knees



15sec punches