

GUT CONTROL

DAREBEE **HIIT** WORKOUT © darebee.com

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



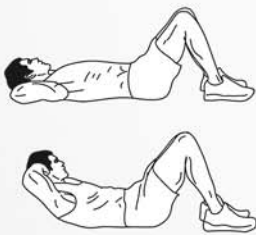
20sec high knees



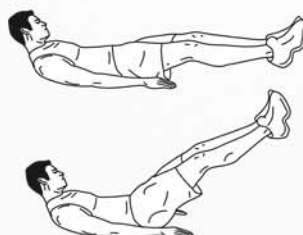
20sec climbers



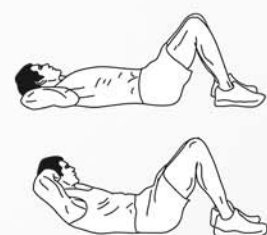
20sec high knees



20sec crunches



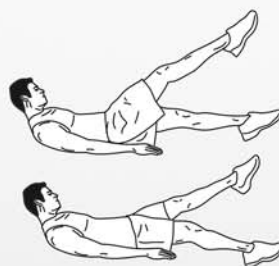
20sec leg raises



20sec crunches



20sec heel taps



20sec flutter kicks



20sec heel taps