

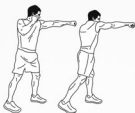
Hades

DAREBEE **HIIT** WORKOUT @ darebee.com

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



20sec push-ups



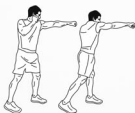
40sec punches



20sec uppercuts



20sec push-ups



40sec punches



20sec hooks



20sec push-ups



40sec punches



20sec speed bag punches