


Hear Me Roar

DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets 2 min rest between sets

Extra Credit 1 push-up every 20 seconds 



20sec high knees

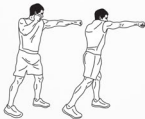


20sec punches

20sec plank + jab + cross



20sec high knees



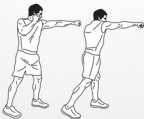
20sec punches



20sec plank jack + jab + cross



20sec high knees



20sec punches



20sec plank