

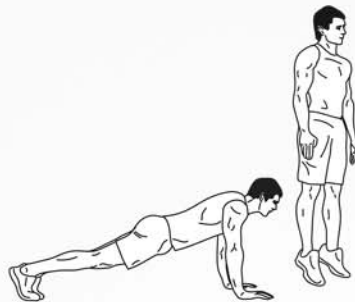
# HELLFIRE

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

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



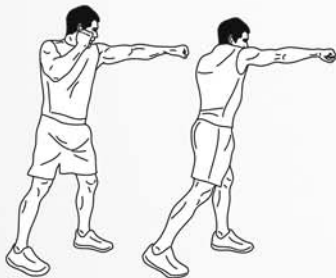
**20sec** high knees



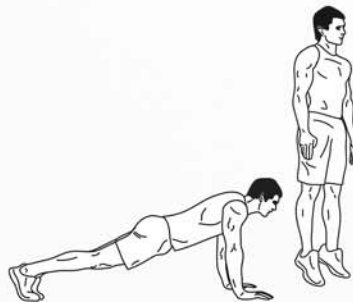
**20sec** basic burpees



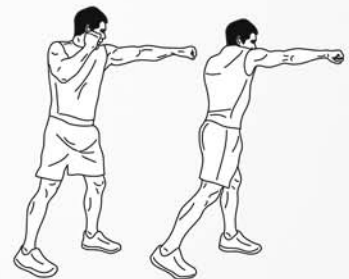
**20sec** high knees



**20sec** punches



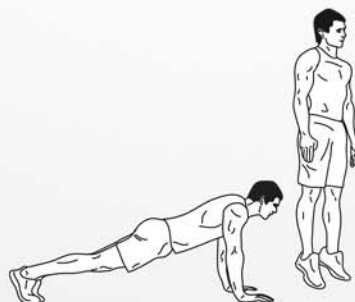
**20sec** basic burpees



**20sec** punches



**20sec** elbow plank



**20sec** basic burpees



**20sec** elbow plank