

# HOMEMADE HERO

DAREBEE **HIIT** WORKOUT

@ [darebee.com](https://darebee.com)

Level I 3 sets

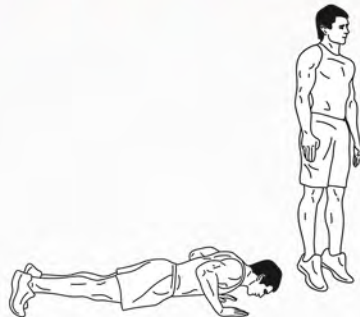
Level II 5 sets

Level III 7 sets

2 minutes rest



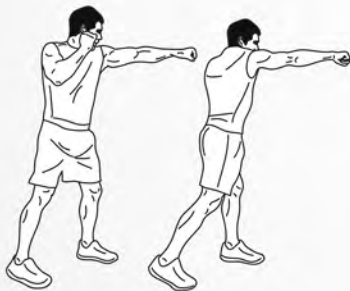
**20sec** high knees



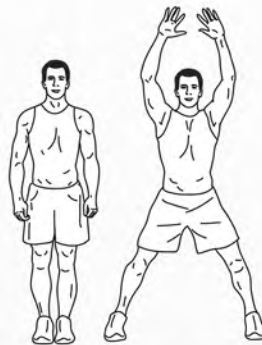
**20sec** burpees



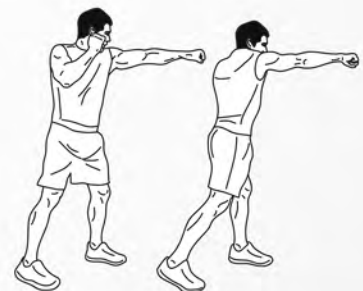
**20sec** high knees



**20sec** punches



**20sec** jumping jacks



**20sec** punches



**20sec** side plank (right)



**20sec** elbow plank



**20sec** side plank (left)